

## QUINOA STUFFED PEPPERS

### MIX FILLING

- 1 cup uncooked **quinoa**, *rinsed*
- one 14-ounce can **black beans**, *drained*
- one 14-ounce can **refried beans**
- 1 ½ cups **red enchilada sauce**
- 1 tablespoon **taco seasoning**
- 1 ½ cups **shredded cheese**

### STUFF INTO & FREEZE

- 6-8 large hollowed out fresh **bell peppers**

### TO BAKE FROM FROZEN

400 degrees 75 mins

*Cover peppers while baking*

### FINAL STEP

Finish by melting extra cheese on top. Serve with guac, sour cream, cilantro, hot sauce, etc.

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