

# Spicy Quinoa Stuffed Peppers

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1 cup tri-colour or white quinoa
- 2 cups water
- 1/2 red onion, finely chopped
- 1-2 garlic cloves, minced
- 1 tbsp coconut oil
- 3 tbsp gluten-free tamari
- Pinch of sea salt & pepper
- 1 tsp ground cayenne
- 2 tbsp extra virgin olive oil (evoo)
- 3/4 cup chopped fresh parsley
- 4 red, orange or yellow sweet peppers

## Instructions:

1. In a medium size pot, bring water and quinoa to a soft boil. Reduce heat to a simmer and place lid on top of pot but leave open slightly to let steam out. Stir every so often until quinoa is fluffy, approximately 15 minutes.
2. Meanwhile, in a pan saute onion and garlic for 3-5 minutes. Set aside.
3. Preheat oven to 350 degrees.
4. Combine cooked quinoa, onion, garlic, tamari, seasoning, evoo and parsley together in a large bowl. Give it a taste test. Decide if it needs any more seasoning.
5. Wash and cut the tops off sweet peppers, do not discard the tops. Clean out the seeds and carefully spoon quinoa mixture into each pepper. Place peppers on baking sheet and put the pepper top back on the pepper. Bake for 25-30 minutes or until peppers are getting soft. Be careful not to overcook.

## Notes:

I also made these peppers with Mennonite chicken. They were equally as delicious! Follow the same ingredients as above, minus the tamari and cayenne. Using 1/2 to 1lb of ground organic or Mennonite chicken, saute until fully cooked with the onion and garlic. Add 1 cup of tomato sauce to the ground cooked chicken. Stuff peppers and bake for the same amount of time.