

Vegetarian Stuffed Bell Peppers

Prep Time: 20 minutes

Cook Time: 40 minutes

6 lg bell peppers, tops cut off and seeds removed
1 C quinoa, cooked
1 C black beans, cooked
1 C corn kernels
1 C tomatoes, diced
1/2 C red onion, diced
1/2 C feta cheese, crumbled

1 T Olive Oil
1 T Lemongrass-Ginger-Orange tea leaves, finely ground
1 † ground cumin
1 † chili powder
Salt and pepper to taste
1/4 C fresh cilantro, chopped

Preheat the oven to 375°F.

In a large bowl, combine the cooked quinoa, black beans, corn, tomatoes, red onion, feta cheese, Olive Oil, Lemongrass-Ginger-Orange tea leaves, cumin, chili powder, salt, and pepper. Mix well.

Stuff the bell peppers with the quinoa mixture and place them in a baking dish.

Cover with foil and bake for 30 minutes. Remove the foil and bake for an additional 10 minutes, or until the peppers are tender.

Garnish with fresh cilantro before serving.