

# Stuffed Mini Bell Peppers

## with Pu-erh Spice Quinoa

These vibrant mini bell peppers are filled with a flavorful Pu-erh Spice quinoa mixture, making for a delightful and healthy vegetarian appetizer.

**PREP TIME:** 20 minutes

**TOTAL TIME:** 35 minutes

**COOK TIME:** 15 minutes

12 mini bell peppers, halved and seeded  
1 C quinoa, cooked  
1/2 C black beans, rinsed and drained  
1/2 C corn kernels  
1/4 C red bell pepper, finely chopped  
1/4 C green onions, chopped  
1/2 t cumin

1/2 t smoked paprika  
1/2 t salt  
1/4 t black pepper  
1/2 C Pu-erh Spice ([Adagio.com](http://Adagio.com)), brewed  
and reduced to a glaze  
1/4 C goat cheese, crumbled

### PREPARE QUINOA FILLING:

In a large bowl, combine the cooked quinoa, black beans, corn, red bell pepper, green onions, cumin, smoked paprika, salt, and black pepper. Mix well.

### STUFF PEPPERS:

Fill each mini bell pepper half with the quinoa mixture. Arrange on a serving platter.

### DRIZZLE WITH GLAZE:

Drizzle the stuffed peppers with the Pu-erh Spice glaze. Sprinkle with crumbled goat cheese. Serve immediately.