

### Ingredients

- 4 bell peppers (any color)
- 1 lb lean ground beef
- 1 cup cooked quinoa
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup corn kernels (fresh or frozen)
- 1 cup diced tomatoes (canned or fresh)
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 cup shredded low-fat cheese (optional)

### Instructions

1. Preheat the oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove the seeds.
3. In a skillet, cook the ground beef over medium heat until browned. Drain any excess fat.
4. In a large bowl, combine the cooked beef, quinoa, black beans, corn, diced tomatoes, cumin, chili powder, salt, and black pepper.
5. Stuff the bell peppers with the beef mixture and place them in a baking dish.
6. Bake for 25-30 minutes, until the peppers are tender.
7. If desired, sprinkle with shredded cheese and bake for an additional 5 minutes.
8. Serve hot.

### Macros (per serving, serves 4)

- Calories: 350
- Protein: 28g
- Carbs: 32g
- Fat: 12g

### Shopping List

- 4 bell peppers
- 1 lb lean ground beef
- Quinoa
- Black beans (canned)
- Corn kernels
- Diced tomatoes (canned or fresh)
- Cumin
- Chili powder
- Salt
- Black pepper
- Shredded low-fat cheese (optional)