

LA CASITA QUINOA & BEEF STUFFED BELL PEPPERS

CATEGORY Dinner

COOK TIME 45 minutes

INGREDIENTS

- 1 pound grass fed ground beef
- 1 cup cooked tricolor quinoa
- 1/3 cup La Casita Hot Sauce Abuela's Mild
- 1/3 cup queso fresco crumbles
- 3 large Bell Peppers



NOTES FROM LA CASITA

I'm not willing to lose great flavor profiles, so I created these stuffed bell peppers that are healthy-living friendly, full of nutrition, and equally as flavorful. I do hope you'll give this recipe a try. Even my 12 year old ate up her pepper! I love a good meal and great conversation, but a happy & healthy family brings me immeasurable joy.

DIRECTIONS

1. Brown ground beef and drain any grease.
2. Add 1 cup cooked quinoa.
3. Add 1/3 cup La Casita Hot Sauce Abuela's Mild and
4. 1/3 cup queso fresco crumbles. Stir together. Taste and add salt and pepper as desired.
5. Wash peppers, cut off tops, and remove seed membrane and veins.
6. Fill peppers with meat & quinoa mixture.
7. Place in a baking dish. I used spray avocado oil so peppers wouldn't stick.
8. Bake at 300° for 45 minutes.
9. Allow to cool and serve.

