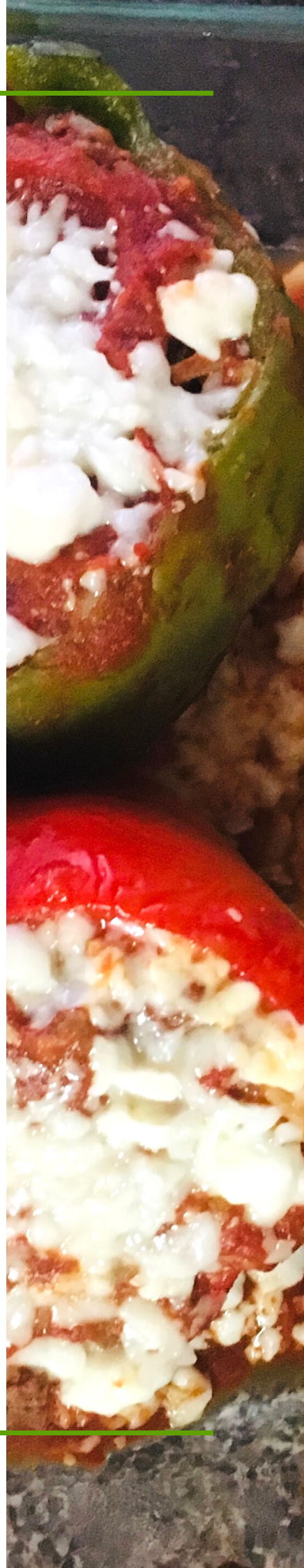

STUFFED PEPPERS

INGREDIENTS

- 4 large bell peppers (any color)
- 1 cup cooked quinoa
- 1 package plant-based ground "meat"
- 1 medium yellow onion, chopped
- 1 cup baby bella mushrooms, cleaned and chopped (either by hand or a few pulses in a food processor)
- 1 teaspoon salt
- 4-6 cloves of garlic, finely chopped
- 1 jar of pasta sauce
- 3/4 cup shredded mozzarella cheese (3 oz)

Recipe from [BettyCrocker.com](https://www.bettycrocker.com)



INSTRUCTIONS

1. Heat oven to 350 F degrees
2. Cut thin slice from stem end of each bell pepper to remove top of pepper. Remove seeds and membranes; rinse peppers. If necessary, cut thin slice from bottom of each pepper so they stand up straight. In 4-quart Dutch oven, add enough water to cover peppers. Heat to boiling; add peppers. Cook about 2 minutes; drain.
3. In 10-inch skillet, cook mushrooms and onion over medium heat 5-7 minutes, stirring occasionally, until onions are translucent and mushrooms have released most of their liquids. Add garlic and cook for 30-60 seconds. Stir in quinoa, salt, and 1 cup of tomato sauce; cook until hot.
4. Stuff peppers with quinoa mixture. Stand peppers upright in ungreased 8-inch square glass baking dish. Pour remaining tomato sauce over peppers.
5. Cover tightly with foil. Bake 10 minutes. Uncover and bake about 15 minutes longer or until peppers are tender. Sprinkle with cheese.

Recipe from BettyCrocker.com
