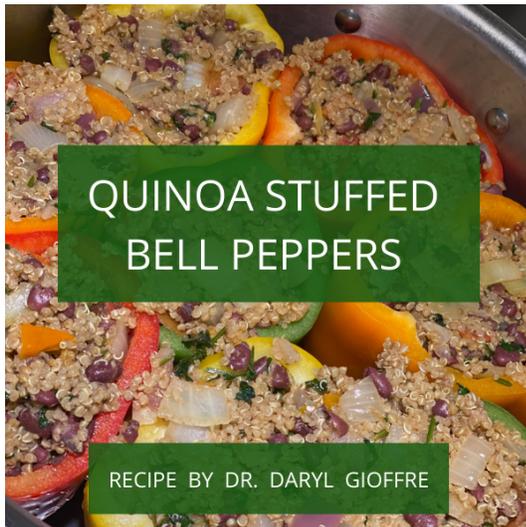


Quinoa Stuffed Bell Peppers Recipe by Dr. Daryl



This is a family-favorite in our house, and I cannot believe I haven't shared it with you here before.

We'll likely make it within the next week or so because Cinco de Mayo is coming up, and we crave Mexican flavors like cumin, cilantro, avocado, and tomatoes leading up to May 5th.

Watch for my blog post on Thursday, when I'll share 10 Mexican inspired recipes, plus a Low-Glycemic Skinny Margarita recipe I've never shared anywhere else.

This recipe is so good for you too – it's got protein in the quinoa and beans, fiber, tons of vitamins, antioxidants, and minerals. And unlike traditional stuffed peppers, it is low in carbs and vegan.

Give it a try and let me know what you think over on [Facebook](#).

QUINOA STUFFED BELL PEPPERS

Ingredients [Serves 4]

- 8 red bell peppers
- 2 sliced Hass avocados
- 1 cup quinoa
- 3 1/2 cups filtered water or yeast-free vegetable broth
- 1 cup canned adzuki beans (I prefer Eden's Organic)
- 1 tbsp. cumin
- 1/2 cup yellow onion, chopped
- 1/2 cup tomatoes, chopped
- 1/4 cup cilantro, chopped
- Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) to taste
- Black pepper to taste



Directions

In a small saucepan, combine the quinoa with 2 cups of water (or yeast-free vegetable broth) over medium heat and bring to a boil. Then lower heat, cover and continue to cook the quinoa until all of the water has evaporated and the quinoa is tender, about 15

to 20 minutes. Uncover and fluff the quinoa, and transfer to a large bowl.

In a large skillet over medium heat add 1 tbsp. coconut oil and onions. Sauté onions until slightly softened, about 2 minutes. Add the tomatoes and cook for another minute. Next, add in adzuki beans, cumin, and cilantro. Cook approximately another 2 minutes and take off the heat.

Combine quinoa and onion mixture well. Cut the tops off the bell peppers and remove the insides. Fill each pepper with the quinoa/onion mixture. Place filled peppers into a large pot (i.e. Dutch oven type) and pour the vegetable broth into the bottom of the pot. Cover and cook over a very low flame for about 45 minutes.

When ready to serve, remove top and let cool for 5-10 minutes. Transfer quinoa peppers to plates using a slotted spoon. Place a few slices of avocado on top; squeeze some lime juice, and season with sea salt and black pepper to taste.

GET OFF YOUR ACID!

Dr. Daryl

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