

Crockpot Black Bean Crockpot (Oven) Stuffed Peppers

6 Peppers

6	bell peppers
1 cup	uncooked quinoa, rinsed
1 14	ounce can black beans, rinsed and drained
1 14 ounce can	refried beans
1 1/2 cups	red enchilada sauce
1 teaspoon	cumin
1 teaspoon	chili powder
1 teaspoon	onion powder
1/2 teaspoon	garlic powder
1/4 teaspoon	salt
1 1/2 cups	shredded cheese

Your choice of toppings - cilantro, avocado, dollop of guacamole or plain Greek yogurt, green onions, chives, chopped tomato

1. Cut the tops off of the peppers and scrape out the ribs and seeds.
2. In a large bowl, combine quinoa, beans, enchilada sauce, spices, and 1 cup of the cheese. Fill each pepper with the quinoa mixture.
3. Pour 1/2 cup water into the bottom of a **crockpot**. Place the peppers in the crockpot so they're sitting in the water. Cover and cook on low for 6 hours or high for 3 hours.

OR

If your crockpot only fits four of the peppers, bake the other two in the **oven** or all 6. Put some water in the bottom of the pan, covered with foil, and baked for about 45 minutes at 400 F.

4. Remove lid, distribute the remaining cheese over the tops of the peppers, and cover again for a few minutes to melt the cheese.

Recipe reference: <https://pinchofyum.com/quinoa-black-bean-crockpot-stuffed-peppers>