



From the Kitchen of Executive Chef Jessica VanRoo



Amaranth and Quinoa Stuffed Peppers with Roasted Carrot Sauce

Ingredients

Peppers:

$\frac{3}{4}$ cup PLUS 2 tablespoons quinoa, well rinsed

2 tablespoons amaranth or more quinoa

1 $\frac{3}{4}$ cup vegetable stock or water

4 large sweet bell peppers: red, yellow, or orange, cut in half vertically, and seeds removed

$\frac{1}{2}$ cup salsa

1 tablespoon nutritional yeast

2 teaspoons ground cumin

1 $\frac{1}{2}$ teaspoons chili powder or smoked paprika

1 $\frac{1}{2}$ teaspoons garlic powder

1 $\frac{1}{2}$ cups cooked beans, such as black or pinto, approximately 1 fifteen ounce can drained & rinsed

1 cup fresh or frozen corn, defrosted if frozen

Carrot Sauce:

4 carrots trimmed and cut into bite-size pieces

1 onion quartered

6 garlic cloves whole, skin on

3 tablespoons olive oil

1-2 cups vegetable broth

Salt and pepper to taste

Garnish:

Sliced avocado

Cilantro

Lime



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1. Combine quinoa, amaranth and vegetable stock or water in a pot fitted with a lid. Bring everything to a boil, cover the pot, and reduce to a simmer. Cook for about 20 minutes or until the liquid is absorbed. Remove from the heat, and allow the pot to sit covered for 3 minutes, then remove the lid and fluff. You can also cook the quinoa and amaranth in an Instant Pot. Combine all the ingredients, reduce the liquid to 1 ½ cups, and set the Instant Pot to high pressure for 3 minutes. Allow the Instant Pot to release naturally before removing the lid and fluffing.
2. Preheat your oven to 375 degrees. Brush the peppers with oil, place them on a baking sheet lined with parchment or foil, and set aside.
3. Combine the cooked grains with salsa, nutritional yeast, cumin, chili powder or smoked paprika, garlic powder, beans, and corn. Mix well. Stuff pepper halves with filling.
4. Cover and bake in preheated oven for 30 minutes. Increase the heat to 400 degrees and cook for another 15- 20 minutes, longer if you want a softer pepper. Remove and drizzle with carrot sauce and garnishes, if desired.
5. For Carrot Sauce: Preheat your oven to 400 degrees. Toss all the ingredients, except the vegetable stock, on a baking sheet lined with foil or parchment. Roast for 30 minutes, stirring halfway through. Remove the garlic cloves and squeeze out the flesh. Combine everything plus 1 cup of vegetable stock in a blender, and blend until smooth, adding more liquid as desired.