

TVP Stuffed Bell Peppers in the Air Fryer



Stuffed bell peppers are a fantastic way to incorporate more vegetables into your diet! Not only are they colourful, but this version is also entirely vegetarian and one serving provides 60% of your daily fibre needs: great for weight management, cardiovascular health, diabetes, and digestive health.

Bon appétit!

Preparation 20 min

Cooking 12 min

Servings 4

Nutrition Facts (per serving)

Calories 325

Fat 2

Carbohydrates 50

Fibre 15

Protein 27

Sodium 110

Ingredients

- 250 ml (1 cup) dry textured vegetable protein (TVP)
- 1 small yellow onion, finely chopped
- 1 clove garlic, finely chopped

- 1 can (540 ml) black beans, rinsed and drained
 - 1 large zucchini, grated
 - 30 ml (2 tbsp) taco seasoning
 - 15 ml (1 tbsp) reduced sodium soy sauce
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- 4 large bell peppers, halved and seeded
 - 125 ml (½ cup) light grated cheese (<20% M.F.)

Preparation

1. In a small bowl, cover the TVP with hot water. Let sit for about 5 minutes, or until the water is mostly absorbed. Drain any excess water if needed.
2. Meanwhile, over medium heat, sauté the onion and garlic in a large skillet sprayed with cooking spray.
3. Add the tomatoes, beans, zucchini, spices, and rehydrated TVP. Bring to a boil, then reduce to medium-low heat and simmer for 5 minutes.
4. Arrange the bell pepper halves in the air fryer basket lined with parchment paper. Fill the peppers with the mixture and cook for 8 minutes at 350°F (180°C).*
5. Top the peppers with grated cheese and continue cooking for 3-4 minutes, or until the cheese is golden brown.

Notes

Keep in an airtight container in the refrigerator for up to 5 days. The filling alone can be frozen for up to 3 months. Stuffed peppers do not freeze well.

*This recipe can also be made in a conventional oven at 350°F (180°C), adjusting the cooking times. First, cover the peppers with aluminum foil and bake for 15 minutes. Then, add the grated cheese and continue baking for 10-15 minutes.



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