

# Ingredients



- 2 tablespoons vegetable oil
- 6 large bell peppers, or 8 medium, ensure they have a flat base so they will stand up when cooking
- 1 lb. ground beef/ground turkey
- 1 medium yellow onion, diced
- 1 can black beans/pinto beans, drained
- 1 cup brown rice, cooked
- 1 cup frozen corn
- 1 jar medium chunky salsa, 1 jar, 16 oz
- 2 tablespoons taco seasoning mix, 1 packet, or make your own
- 1 ½ cups cheddar cheese, grated, or mexican blend cheese
- guacamole, to garnish, optional
- sour cream, to garnish, optional

# Taco Stuffed Bell Peppers



## Instructions

- Cut off the top and remove the seeds from each pepper.
- Place in a baking dish and bake for 20 minutes in a preheated oven at 350 °F (175 °C).
- While the Peppers are roasting - heat oil in a large skillet over medium-high heat. Add ground beef and season with entire taco seasoning packet. Allow beef to brown on all sides, about 5-6 minutes.
- NOTE: If you made your own taco seasoning, you'll want to add 2 tablespoons. The ingredients above will make more than this recipe requires.
- Add diced onion - continuing to cook until softened, about 4-5 minutes.
- Reduce heat to Medium. Mix in the black beans, brown rice, corn, and salsa. Season to taste with salt and pepper.
- Add in 1 cup (100g) of cheese and stir until incorporated and the cheese has melted. Remove from heat.
- Remove peppers from oven and fill each with the taco mixture. Top with additional cheese.
- 9. Return to the oven for 15 minutes until the cheese has melted.
- 10. Top each pepper with a generous scoop of guacamole and sour cream. Top with additional cheese.

