Louisiana HARVEST of the MONTH

Nacho Stuffed Bell Peppers

Home Recipe

Serves: 6
Prep Time: 15 minutes
Cook Time: 30 minutes

Ingredients

- 6 large bell peppers
- 1 pound ground beef or ground turkey
- 2 Tbsp taco seasoning
- 3/4 cup canned black beans, rinsed and drained
- 3/4 cup sweet yellow corn, thawed
- 1 jalapeno pepper, sliced, optional
- 1/2 to 1 cup reduced-fat shredded Mexican cheese blend

Nutrition Facts

6 Servings Per Container
Serving Size
2 bell pepper halves (262g)

Amount Per Serving	
Calories	**390**
	% Daily Value *
Total Fat 28g	**36%**
Saturated Fat 12g	**60%**
Trans Fat 1.5g	
Cholesterol 75mg	**24%**
Sodium 200mg	**8%**
Total Carbohydrates 18g	**6%**
Dietary Fiber 4g	**15%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 18g	
Vitamin D 0.2mcg	0%
Calcium 130mg	10%
Iron 4.9mg	25%
Potassium 550mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Ground Beef, Red Bell Pepper, Bellpepper, Black Beans, Corn, Cheddar Cheese, Jalapeno, Seasoning mix, dry, taco, original
Contains: Milk

Cooking Instructions

1) Preheat the oven to 375 degrees Fahrenheit. Coat a large baking sheet (or 2 standard sheets) with nonstick oil or line with parchment paper.
2) Use a knife to cut the pepper in half. Remove the core with your hands. Lay the bell pepper halves on the prepared baking sheet in a single layer with the insides facing up. Bake in oven until slightly softened, about 10 minutes.
3) Meanwhile, in a large heated skillet, stir the ground beef until its cooked through and crumbled (until the internal temperature reaches 165 degrees Fahrenheit). Add the taco seasoning, along with 2/3 cup water and stir. Add the black beans, corn, and jalapenos and mix until well combined and heated through.
4) Spoon the mixture over the bell pepper halves. Sprinkle the cheese on top and bake until the cheese melts, about 10 minutes.
5) Can be cooled and stored in an air-tight container in the refrigerator for up to 48 hours.

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