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 lb. ground beef
- 2 Tbsp taco seasoning
- $^{2}/_{3}$ cup water
- ¾ cup canned black beans, rinsed and drained
- ¾ cup sweet yellow corn, thawed
- 1 jalapeño pepper, sliced (optional)
- ½ to 1 cup reduced-fat shredded Mexican cheese blend

Nutrition Facts

6 Servings Per Container

Serving Size	**2 Pepper Halves (356g)**
Amount Per Serving	
Calories	**440**
	% Daily Value *
Total Fat 29g	**37%**
Saturated Fat 12g	**61%**
Trans Fat 1.5g	
Cholesterol 75mg	**25%**
Sodium 490mg	**21%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 5g	**18%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 22g	
Vitamin D 0.2mcg	0%
Calcium 340mg	25%
Iron 2.1mg	10%
Potassium 730mg	15%

* 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.

Cooking Instructions

1) Preheat the oven to 375°F. Coat a large baking sheet (or two standard sheets) with nonstick cooking spray or line with parchment paper.
2) Cut each bell pepper in half lengthwise. Remove the cores and seeds. Lay the pepper halves on the prepared baking sheet, cut side up. Bake in oven for 10 minutes or until the peppers are slightly softened.
3) While the peppers bake, heat a large skillet over medium heat. Add the ground beef and cook until fully browned and crumbled (internal temperature should reach 165°F).
4) Stir in the taco seasoning and water. Add the black beans, corn, and jalapeño (if using). Mix until the filling is well combined and heated through.
5) Remove the peppers from the oven and spoon the filling evenly into each half. Top each filled pepper with shredded cheese.
6) Return to the oven and bake for about 10 minutes, or until the cheese is melted. Serve warm.

Storage Tip: *Leftover stuffed peppers can be cooled and stored in an air-tight container in the refrigerator for up to 48 hours.*

Adapted from *FeelGoodFoodie.*

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