

Mexican Beef + Veggie Stuffed Bell Peppers

Yield: 8 stuffed peppers

Ingredients:

- 1 tbs avocado or olive oil
- 1 lb. extra lean ground beef
- 1 onion, diced
- 1 zucchini, diced
- 1 cup black beans
- 1 tomato, diced
- 1 tbs chili powder
- 2 tsp paprika
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1 tsp salt
- ½ tsp pepper
- 4 red, yellow, orange, or green bell peppers, cut in half lengthwise, seeds removed
- 1 cup low fat Mexican shredded cheese blend
- Sour cream and cilantro, for serving

Method:

1. Preheat the oven to 400° F. Line a sheet tray with parchment paper and place pepper halves, cut side up. Roast in the oven for 10-15 minutes.
2. In a large sauté pan, heat oil over medium heat. Add onion and beef and sauté until browned. Add zucchini, tomato, and beans. Add seasonings and reduce heat. Cover and cook for another 10 minutes, until vegetables are tender and meat is cooked through.
3. Pull peppers from oven. Divide meat and vegetable filling evenly among peppers. Top with shredded cheese. Return to oven for 5-10 minutes until cheese is bubbly. Serve immediately.

Nutrition Facts

Servings 8.0

Amount Per Serving

calories 160

% Daily Value *

Total Fat 5 g 8 %

Saturated Fat 3 g 13 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 38 mg 13 %

Sodium 194 mg 8 %

Potassium 452 mg 13 %

Total Carbohydrate 10 g 3 %

Dietary Fiber 3 g 12 %

Sugars 3 g

Protein 19 g 38 %