

Stuffed Bell Peppers

INGREDIENTS:

- 2 bell peppers
- ½ cup cooked ground beef
- ½ cup cooked rice
- ½ cup shredded cheese
- 1 Tablespoon Taco Seasoning
- ¼ cup water
- salt & pepper to taste



DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Cut both peppers in half length-wise (through the stem). Remove all insides and seeds.
3. Mix together filling: beef, rice, HALF the cheese (reserve some for topping) and taco seasoning. Stir to combine.
4. Fill pepper halves with even amount of filling and top with remaining cheese.
5. Put stuffed peppers in oven-safe dish (8x8 pan works) and ¼ cup water to allow the peppers to steam in the oven.
6. Cook peppers for 20-25 minutes until cheese is melted and browned and peppers soften.
7. Allow to cool and cut right in, eating the pepper and all!

Fun Facts!

- Bell peppers have more vitamin C than even oranges!
- Green bell peppers are actually not ripened. The color of the pepper is determined by the length on the plant.
- Red bell peppers are always the sweetest!