

Mexican Stuffed Peppers



PREPARATION TIME
20 minutes



COOKING TIME
35 minutes



PERFECT PARTNER
bean burritos



Purchase a more economically priced 3-pack of taco seasoning mix and keep it on hand to add Mexican flavor to any dish.

Tightly seal any unused portions in the envelope.

SHOPPING LIST

- Cheddar cheese • ground beef
- bell peppers
- taco seasoning mix

ON HAND

- white rice • onion

INGREDIENTS

- 4 green bell peppers
- 1 pound lean ground beef
- 1 large onion, chopped
- 1 envelope taco seasoning mix
- 2 cups cooked white rice
- 1 cup shredded Cheddar cheese

SERVES 4

COOKIN' *Express*

- Rub vegetable oil over the outside of the peppers before stuffing to keep them soft and flexible while cooking.
- To cut the baking time in half in step 4, microwave the bell peppers on HIGH for 2 minutes before stuffing them with the beef mixture.

Make Ahead

Stuff peppers 1 day ahead; refrigerate, loosely covered. Bring to room temperature before baking or add 5 minutes to the cooking time.

♦ VARIATION

Watching your fat intake? Use ground turkey for a leaner version of this tasty dish.

1 Preheat oven to 350°F. Cut $\frac{1}{4}$ inch from tops of bell peppers. Scoop out seeds and membranes; discard.



2 Heat a large skillet over medium-high heat; add beef and onion. Cook, stirring, until beef is brown and crumbly, about 5 minutes; drain fat.

3 Prepare taco seasoning mix according to package directions; add to skillet. Cook, stirring occasionally, for 5 minutes. Add rice; mix well. Cook for 3 minutes longer.



4 Spoon beef mixture into peppers. Place in a baking dish. Add $\frac{1}{4}$ inch of water to dish; cover. Bake for 20 minutes; uncover. Sprinkle with Cheddar. Bake, uncovered, for 15 minutes longer.