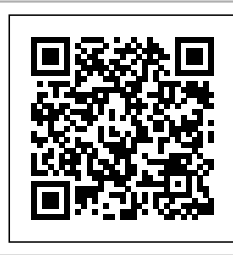


Taco Stuffed Peppers



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Recipe by: Laura Vitale

Makes 8

Prep Time: 15 minutes

Cook Time: 1 hours 0 minutes

Ingredients

- 4 Bell Peppers (not too big) cut in half lengthwise, seeded
- 2 Tbsp of Olive Oil
- 1lb of Ground Beef
- 1 Small Yellow Onion, minced
- 3 Cloves of Garlic, minced
- 2 Tbsp of Taco Seasoning
- 1 cup of Cooked Long Grain Rice
- 2 cups of Mild Salsa, any salsa of your choice works, divided
- 1 cup of Tomato Sauce
- 8oz of Shredded Sharp Cheddar
- Salt and Pepper (if your seasoning is unsalted)

1) Preheat your oven to 375 degrees, partially cook your peppers either in the microwave for 8 minutes or in the oven for about 15 minutes or until softened and set them aside.

2) In a large skillet, add the olive oil, preheat over medium high heat, add the beef, cook while breaking up the beef as much as possible, once it's just about fully cooked, drain some of the fat (only if your beef rendered too much) and add the onions and garlic and sauté until they soften.

3) Add the seasoning, stir it in and cook for about a minute then remove from the heat, stir in 1 cup of the salsa, the rice and about 1/3 of the cheese.

4) In a 9x13 casserole dish, cover the bottom with the leftover salsa and tomato sauce, then fill the peppers, spoon a tiny bit more tomato sauce over the top of each one, cover with parchment paper and foil and bake for 30 minutes, then remove the foil and parchment, sprinkle over the remaining cheese and bake another 10 minutes till the cheese is melted.

