



Taco Jack-O'-Lantern Stuffed Peppers



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1/4th of recipe (1 stuffed pepper): 268 calories, 7.5g total fat (3g sat. fat), 365mg sodium, 21g carbs, 5.5g fiber, 9g sugars, 30g protein

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Prep: 20 minutes **Cook:** 25 minutes



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Ingredients

4 large orange bell peppers (look for peppers that sit flat when the stem ends are up)
1 lb. raw extra-lean ground beef (at least 96% lean)
1 tbsp. taco seasoning mix
1 cup chopped onion
1 cup chopped mushrooms
1/2 cup canned black beans, drained and rinsed
1/3 cup reduced-fat Mexican-blend cheese
Optional toppings: reduced-fat sour cream, salsa

Directions

Preheat oven to 350 degrees.

Carefully slice off the top (stem end) of each bell pepper; do not discard. Remove and discard seeds. Using a small, sharp knife, cut jack-o'-lantern faces into the peppers, making triangles for eyes and noses, as well as pointy-toothed smiles.

Place peppers in a deep 8" X 8" baking pan, open halves up. If peppers do not sit flat, gently lean them against the pan sides for support. Place stem ends back on top of peppers. Bake until tender, about 25 minutes. Blot away excess moisture.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef and sprinkle with taco seasoning. Add onion and mushrooms. Cook, stir, and crumble until beef is fully cooked and veggies have softened, 8 - 10 minutes. Add beans, and cook and stir until hot, about 2 minutes. Remove from heat, add cheese, and stir until cheese has melted and evenly distributed. Cover to keep warm.

Remove pepper tops, and evenly distribute beef mixture into peppers. Replace tops, serve, and enjoy!

MAKES 4 SERVINGS

HG FYI: Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

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