

Taco-Stuffed Bell Peppers: A Low-Carb Mexican Mashup

There are several reasons why Taco-Stuffed Bell Peppers stand out as a fantastic dish:



OVEN
375°F

TIME
15 min

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Recipe Card

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INGREDIENTS

- 4 large bell peppers (any color)
- 1 pound ground beef (or turkey for a leaner option)
- 1 cup diced tomatoes (canned or fresh)
- 1 cup shredded cheese (cheddar or Mexican blend)
- 1 tablespoon taco seasoning
- 1/2 cup onion, diced
- 1 tablespoon olive oil
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)

DIRECTIONS

- 1. Preheat the : Oven:** Preheat your oven to 375°F (190°C). This ensures that your peppers will cook evenly and become tender.
- 2. Prepare the : Peppers:** Cut the tops off the bell peppers and remove the seeds and membranes. You can also slice them in half lengthwise if you prefer. Place them in a baking dish, cut side up.
- 3. Cook the : Filling:** In a skillet, heat the olive oil over medium heat. Add the diced onion and sauté until translucent. Then, add the ground beef and cook until browned. Drain any excess fat.
- 4. Add : Flavor:** Stir in the diced tomatoes, taco seasoning, salt, and pepper. Let the mixture simmer for about 5 minutes, allowing the flavors to meld together.
- 5. Stuff the : Peppers:** Spoon the taco filling into each bell pepper, packing it tightly. Top each pepper with shredded cheese.
- 6. Bake:** Cover the baking dish with foil and bake for 20 minutes. Remove the foil and bake for an additional 10 minutes, or until the cheese is bubbly and golden.
- 7. Garnish and : Serve:** Once out of the oven, let the peppers cool for a few minutes. Garnish with fresh cilantro if desired, and serve warm.

TIPS FOR SUCCESS

- Mix Up the Proteins:** Feel free to use ground chicken, pork, or even a plant-based meat substitute for a vegetarian option.
- Add Veggies:** Incorporate diced zucchini, corn, or black beans into the filling for added nutrition and texture.

Spice It Up: If you like heat, add diced jalapeños or a dash of hot sauce to the filling.

Make Ahead: You can prepare the filling in advance and store it in the fridge for up to 3 days.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/taco-stuffed-bell-peppers-a-low-carb-mexican-mashup/>