



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
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Taco Stuffed Peppers

Serves 6

Ingredients:

- 1 Tbsp. olive oil
 - 1 cup onion, chopped
 - 1 tsp. garlic, minced
 - 1 lb. ground beef
 - 1 tsp. chili powder
 - ½ tsp. ground cumin
 - ½ tsp. paprika
 - 3 bell peppers, halved (seeds removed)
 - 2 cups shredded Mexican blend cheese
- For serving: shredded lettuce, salsa, sliced black olives, and plain Greek yogurt

Directions:

1. Preheat the oven to 375° F.
2. In a large skillet heat 1 tablespoon olive oil. Then add the onion and cook until tender, about 3-5 minutes. Add-in garlic and cook 1 minute more. Add the ground beef and cook until cooked through and no longer pink. If needed, drain excess fat.
3. Add chili powder, cumin, and paprika to beef mixture.
4. Line a baking sheet or dish with the cut peppers and place the pepper cut-side up. Fill each pepper with the beef mixture. Top with shredded cheese. Bake for 20 minutes, until the cheese is melted.
5. Serve peppers with lettuce, salsa, sliced black olives, and plain Greek yogurt (or your favorite taco toppings!)