

RECIPE | PEPPERS

BELL PEPPER TACOS



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INGREDIENTS

Taco Ingredients:

6 pack Pure Flavor® Sweet Bell Peppers
1 lb ground beef,
turkey or chicken
1 cup shredded
cheddar cheese
½ onion minced
1 cup water
1 tbsp olive oil
1 packet taco seasoning

Optional Toppings:

½ cup chopped Pure Flavor® Beefsteak Tomato
1 cup chopped lettuce
Sliced jalapenos
Sour cream or plain Greek yogurt
Fresh minced cilantro
Shredded cheddar or pepper jack cheese
1 lime cut into wedges

DIRECTIONS

1. Preheat oven to 400° F.
2. Slice each bell pepper in half. Remove seeds. Place peppers on a sheet pan and bake for 10-12 minutes.
3. While peppers are roasting, brown onion in 1 tablespoon of olive oil in a large, heavy-duty pan. When the onion starts to become translucent, add the ground meat. Crumble and stir meat for 2-3 minutes or until brown. Add taco seasoning and stir for 2 minutes. Add 1 cup of water and simmer mixture for 2-3 minutes. Remove from heat.
4. Fill each bell pepper with about ½ cup of taco meat mixture. Top with a sprinkle of cheese and return to oven to bake for 20 minutes.
5. Remove from oven and serve with topping options on the side or assemble the toppings yourself.



TOTAL TIME

40 minutes

PREP TIME

10 minutes

COOK TIME

30 minutes

SERVES

6

COOKING LEVEL

Easy