

Little Verons Recipe

Taco Stuffed Peppers

4 medium green bell peppers, seeded and halved lengthwise
1 lb. ground beef
¼ C. onion, diced
1 package of taco seasoning
1 can kidney or black beans, drained and rinsed
1 can Rotel tomatoes
½ C. finely shredded cheddar
½ C. sour cream
½ C. diced fresh tomatoes (Roma's are best)
Onion tops

Directions:

- Place pepper halves in 9x13 glass baking dish or two, 9" glass pie plates
- Microwave on high for 5-7 minutes or until peppers are slightly tender
- In medium skillet, brown beef and onions over medium-high heat
- Add beans and Rotel, bring to a boil, reduce heat and simmer for 5 minutes
- Place pepper halves, skin-side down in a 9x13 baking dish
- Spoon beef mixture evenly into pepper halves, sprinkle with cheese
- Bake at 350 for 8 minutes
- Top with sour cream, diced fresh tomatoes and onion tops