



## Bacon Cheeseburger Stuffed Peppers



1/4 of recipe (1 pepper half): 192 calories, 8g total fat (4g sat. fat), 552mg sodium, 12g carbs, 2.5g fiber, 7.5g sugars, 18.5g protein

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**Prep:** 15 minutes    **Cook:** 35 minutes



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### Ingredients

2 large bell peppers  
8 oz. raw extra-lean ground beef (at least 95% lean)  
1/2 cup chopped onion  
1/8 tsp. salt  
1/8 tsp. black pepper  
2/3 cup chopped tomato  
6 hamburger dill pickle chips, chopped, or more for topping  
2 tbsp. whipped cream cheese  
2 tbsp. ketchup  
1 tbsp. yellow mustard  
1/2 cup shredded reduced-fat cheddar cheese  
2 tbsp. crumbled precooked bacon

### Directions

Preheat oven to 350°F. Spray an 8" X 8" baking pan with nonstick spray.

Halve bell peppers. Remove and discard seeds and stems. Place pepper halves in the pan, cut side up.

Bake until soft, 25-30 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, salt, and black pepper. Cook, stir, and crumble until beef is fully cooked and onion has softened, 5-7 minutes.

Remove skillet from heat. Stir in tomato, chopped pickles, cream cheese, ketchup, and mustard.

Blot away excess moisture from bell pepper halves. Fill with beef mixture, and top with cheese and bacon.

Bake until cheese has melted, about 5 minutes.

**MAKES 4 SERVINGS**

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