



Bell Pepper Tacos



1/2 of recipe (2 tacos): 275 calories, 9g total fat (4g sat. fat), 580mg sodium, 16g carbs, 4g fiber, 8.5g sugars, 30g protein

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Prep: 10 minutes **Cook:** 5 minutes

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Ingredients

2 large red bell peppers
8 oz. raw extra-lean ground beef (at least 95% lean)
1/4 cup finely chopped onion
1 tbsp. taco seasoning
1/4 cup shredded reduced-fat Mexican-blend cheese, or more for topping
1/2 cup shredded lettuce
1/4 cup salsa
Optional topping: light sour cream

Directions

Halve bell peppers lengthwise. Remove and discard seeds and stems.

Bring a skillet sprayed with nonstick spray to medium-high heat.

Add beef, onion, and taco seasoning. Cook and crumble until beef is fully cooked and onion has softened, about 5 minutes.

Fill bell pepper halves with beef mixture and remaining ingredients.

MAKES 2 SERVINGS

HG FYI: Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

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