



Mini Stuffed Peppers



Entire recipe (4 stuffed peppers): 104 calories, 1.5g total fat (0g sat fat), 241mg sodium, 15.5g carbs, 5.5g fiber, 5.5g sugars, 11g protein

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 10 minutes **Cook:** 15 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

4 sweet mini bell peppers (each about 2 1/2 inches long)
1/4 cup finely chopped onion
1/2 cup frozen vegan ground-beef-style soy crumbles
1/4 tsp. taco seasoning mix

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Slice off and discard the stem end of each pepper. Remove and discard seeds. Place peppers on the baking sheet.

Bake for 4 minutes. Flip peppers. Bake until soft, about 4 more minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium heat. Cook and stir onion until slightly softened, about 2 minutes. Add soy crumbles, and sprinkle with taco seasoning. Cook and stir until onion is soft and crumbles are hot, about 2 more minutes.

If needed, blot away excess moisture from peppers. Fill with soy crumble mixture. Eat up!

MAKES 1 SERVING

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.