



Jack-O-Lantern Stuffed Peppers

This recipe is great for any time but made to look like pumpkins at Halloween is fun!

Serves: 4, Prep time: 00:15, Cook time: 00:30

Instructions

1. Preheat the oven to 400 degrees.
2. Slice the stem off of each pepper, and remove the seeds and centre from the peppers.
3. Cut a jack-o-lantern face out of the side. 😊
4. Season the inside of the peppers with salt and pepper, then place in a baking dish and set aside.
5. Add oil to a large skillet, followed by ground beef, and cook until browned.
6. Add onions, garlic, chili powder, and cumin. Cook for 3 minutes more.
7. Add black beans and tomato sauce to the ground beef. Cook for 3 minutes, then fold in the rice.

Ingredients

- 4 Peppers, Orange bell peppers
- 450 grams Ground beef (16 oz)
- 0.5 tablespoon Olive oil
- 0.5 Onion, Diced
- 1 Garlic, cloves, finely chopped
- 1 tablespoon Chili Powder
- 0.5 teaspoon Cumin
- 1 1/2 cups Brown rice, cooked
- 1 pinch or to taste Black beans, can
- 2 Tomatoes , small can chopped
- 1 pinch or to taste Cheddar, grated, to taste
- 1 teaspoon Sea Salt, to taste
- 1 teaspoon Black pepper, ground, to taste

8. Gently stuff the peppers, being sure to add extra so the filling is coming out of the top.
9. Place the stem side of the pepper on top of the stuffing, and then arrange in the baking dish.
10. Add $\frac{1}{4}$ cup of water to the baking dish and cover with foil.
11. Bake the peppers roughly 15 minutes—until they become tender but still have a slight crunch.
12. Remove the stem side of the pepper, sprinkle each with an even amount of cheese.
13. Replace the top and serve.
14. Enjoy!

Chef Note: You may also use ground turkey or another meat of your choice if you prefer.

Chef Note: You can substitute the brown rice with quinoa or even riced cauliflower.

Nutrition Information:

Yields 4 servings

- Calories: 315
- Fat: 10.6 g
- Carbs: 37.2 g
- Fibre: 7 g
- Sugar: 13.5 g
- Protein: 20.8 g

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