

MEXICAN STUFFED PEPPERS



Serves: 4
Prep: 10 mins
Cook: 50 mins



Nutrition per
serving:
281 kcal
10g Fats
23g Carbs
23g Protein



WHAT YOU NEED

- 4 bell peppers
- 14 oz. (400g) lean ground beef
- 1 x 14 oz. (400g) can chopped tomatoes
- 1 cup (160g) cooked rice
- 2 tbsp. Mexican spice blend

WHAT YOU NEED TO DO

Preheat the oven to 375°F (190°C). Heat a large pan over a medium-high heat and cook the beef for 5-7 minutes until browned. Add in the tomatoes and, rice and bring to the boil, then reduce the heat and simmer gently, covered, for around 6-8 minutes.

Meanwhile, cut off the tops from peppers and remove the seeds from the inside. Place the peppers on a baking dish and fill the peppers with the beef mixture.

Cover the dish with kitchen foil and bake in the oven for 35 minutes, or until the peppers are tender.