

Stuffed Peppers

Courtesy of: www.thebetterhomelife.com

Ingredients:

- 8 bell peppers, any color
- 1 pound ground beef
- 1 package of taco seasoning + water needed per package directions
- 1 cup rice, cooked according to package directions (~ 2 cups cooked)
- 1 medium onion, diced
- 2-3 garlic cloves, minced or grated
- 1 15.5 ounce can black beans, drained and rinsed
- 1 14.5 ounce can of fire roasted diced tomatoes
- 1 4 ounce can of diced green chilis
- 1 cup shredded cheddar cheese
- fresh cilantro for garnish

Instructions:

Cut the tops off the peppers. Remove the stems, but keep the remaining flesh from the top. Remove any remaining seeds and as much pith as possible. Place the pepper bottoms in a baking dish and dice up the tops.

Prepare the rice according to package directions. Set aside.

Brown the ground beef, drain and add the taco seasoning according to package directions. Set aside.

Sauté the onions and diced pepper tops until softened, add the garlic, and sauté for another minute.

Add the tomatoes and green chilis, mix until well combined. Add the black beans and mix. Finally add the cooked rice and mix until well combined.

Remove from heat and mix in the taco meat.

Stuff this mixture into the pepper bottoms. Top with shredded cheese.

Pour about 3/4 cup of water into the bottom of the baking dish. Just enough to cover the bottom of the dish.

Cover with foil.

Preheat the Traeger or Oven to 400 degrees F. Bake/smoke covered for 30 min. Remove the foil and continue to bake/smoke for another 10 minutes or until the cheese is melted.