

# Stuffed Poblano Peppers

10 ingredients · 45 minutes · 4 servings



## Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. Heat the oil in a pan over medium-high heat. Brown the beef in the pan, breaking it up as it cooks, about five minutes. Add the jalapeno and taco seasoning to the pan and cook for another minute. Add rice, black beans, corn, and diced tomatoes. Stir to combine.
3. Stuff the peppers with the beef filling and place them on the baking tray. Cover the peppers with foil and bake for 20 to 25 minutes or until peppers are tender.
4. Remove the foil and add the cheese on top. Broil for two to three minutes or until the cheese has melted. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is one stuffed pepper.

### No Jalapeno

Omit or use chili flakes instead.

### Additional Toppings

Cilantro, green onion, hot sauce, and/or salsa.

## Ingredients

- 1 tsp Extra Virgin Olive Oil
- 8 ozs Lean Ground Beef
- 1/4 Jalapeno Pepper (medium, seeds removed, finely chopped)
- 1 tbsp Taco Seasoning
- 1/4 cup Basmati Rice, Cooked
- 1/4 cup Black Beans (cooked)
- 1/4 cup Frozen Corn
- 1/2 cup Diced Tomatoes (from the can, undrained)
- 2 Poblano Pepper (large, halved, seeds removed)
- 2 ozs Mozzarella Cheese (shredded)

## Nutrition

Amount per serving

<b>Calories</b>	246	Vitamin C	30mg
<b>Fat</b>	15g	Calcium	81mg
Saturated	6g	Iron	2mg
<b>Carbs</b>	12g	Vitamin D	2IU
Fiber	2g	Vitamin B6	0.3mg
Sugar	2g	Folate	27µg
<b>Protein</b>	15g	Vitamin B12	1.2µg
Cholesterol	53mg	Magnesium	23mg
Sodium	281mg	Zinc	3mg

Potassium	277mg	Selenium	9µg
Vitamin A	265IU		