



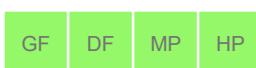
Mexican Stuffed Peppers

Serves 4

- 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

1. 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.
2. 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.
3. Cover the dish with kitchen foil and bake in the oven for 35 minutes, or until the peppers are tender.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	50 mins	281	10	23	23

*Nutrition per serving

