**Enchilada Stuffed Bell Peppers**

**Course** Main Course

**Cuisine** American/Mexican

**Prep Time** 20 minutes

**Cook Time** 50 minutes

**Total Time** 1 hour 10 minutes

**Servings** 8 servings

**Ingredients**

* 4 – 6  Bell peppers depending on size and how you’d like to slice them [any color]
* 1 teaspoon olive oil (or oil of choice) [\*OPTIONAL]
* Nonstick Cooking spray [or oil of choice for the casserole dish]
* 1-pound lean ground beef (ground turkey, ground chicken, or ground pork)
* ½ an onion diced (either yellow, white, red or sweet is fine)
* ½ tsp minced garlic
* 3 tablespoons taco seasoning [or one packet + 1 teaspoon chili powder and 1 teaspoon cumin]
* 1 cup rice, cooked (Mexican rice, brown rice, or white rice – your choice (Uncle Ben’s Ready Rice works great too)
* 10 ounce can diced tomatoes with mild green chilis, drained (reserve juice)
* 1 cup corn (thawed or caned- drained)
* 1 cup canned black beans (rinsed and drained)
* 10 ounces enchilada sauce (red or green) [if you like it saucy then use more]
* 2 cups shredded Mexican blend cheese divided in half (or cheddar, Monterey Jack or Pepper Jack, etc. – your choice) If you like it really cheesy then you can use more
* Salt and Pepper to taste

**Instructions**

1. Preheat the oven to 350° degrees F.
2. Spray the bottom of a casserole dish big enough to fit the peppers in snugly once sliced in half or with the tops off. [3-5 quart casserole dish should work fine]
3. Rinse and cut the peppers in half lengthwise [vertically] and remove the seeds. Optionally you may also cut the tops off the peppers as you might see in traditional stuffed pepper recipes. There are a few pictures at the top of the page for reference. \*[Optional] Preheat a grill pan or skillet over high heat, Coat pan with 1 teaspoon oil. Place the peppers on it and grill them for a couple minutes on each side. Remove to the casserole dish and set them aside to cool while you make the filling.
4. Dice up your onion, mince your garlic if you don’t have pre-minced, cook your rice, drain your tomatoes and black beans if you haven’t already
5. Add the ground beef [or ground meat] to a large skillet (cast iron browns very well) and brown until a deep brown crust appears before breaking the meat apart and cooking through for 5-6 minutes.
6. Add in the diced onion, minced garlic, taco seasoning, rice, diced tomatoes, black beans, corn, half of the cheese, and half of the enchilada sauce then stir well.
7. Scoop the mixture into the bell pepper halves and top with remaining enchilada sauce and the other half the cheese. If you feel your peppers need more liquid then you can add the reserved juice from the canned diced tomatoes.
8. Bake for 30-45 minutes in a covered pan. Your cheese should be melted, and peppers should be steamy and bubbly.
	* Depending on if you opted for a softer pepper and contingent on the thickness of your peppers, baking times can vary. As with any casserole you will be aiming for an internal temperature of 165° F.
9. \*Uncover, and bake for 5 minutes until the cheese browns nicely [Optional].
10. Serve with some optional toppings, if desired. Goes great with a side salad. [\*Optional: sour cream, plain Greek yogurt, salsa (red or green), enchilada sauce, hot sauce, avocado, pico de gallo, fresh cilantro, squeezed lime, or tortilla chips]

\*[Optional] For softer more well-cooked peppers or to cut down on baking time, try one of these methods:

* + **Roasting on a skillet**:Preheat a grill pan or skillet over high heat. Coat pan with 1TBS olive oil. Place the peppers on it and grill them for a couple minutes on each side. Remove to the casserole dish and set them aside to cool while you make the filling.
	+ **In the Microwave**: This trick will cut down on cooking time if you don’t have to cook rice in the peppers. Clean and cut them, then cover them with a wet paper towel on a plate and cook for 4-5 minutes while preparing the stuffing. You just cut your cooking time in half.
	+ **Parboiling**: If you have a pot of water going drop the bell peppers in it for 3-4 minutes to cook them halfway before stuffing them. This leeches vitamins so I don’t normally do this.

**Recipe adapted from:**

*Tex Mex Stuffed Peppers* [*https://dinnerthendessert.com/tex-mex-stuffed-peppers/*](https://dinnerthendessert.com/tex-mex-stuffed-peppers/) *,*

*Chef Savvy* [*https://chefsavvy.com/mexican-slow-cooker-stuffed-peppers/*](https://chefsavvy.com/mexican-slow-cooker-stuffed-peppers/) *, and*

*Laura in the Kitchen* [*https://www.laurainthekitchen.com/recipes/chicken-enchilada-stuffed-peppers/*](https://www.laurainthekitchen.com/recipes/chicken-enchilada-stuffed-peppers/) *.*