



Keller's Taco Stuffed Bell Peppers

Many thanks to our longtime Farmstand team member, Kellie Dietz, for sharing her recipe with us!

Ingredients:

- 4 large Keller's Farmstand bell peppers
- 1 lb. lean ground beef
- 1 small Keller's Farmstand yellow onion
- 1 14.5 oz. can diced tomatoes
- 1 C. instant rice
- 1 15 oz. can black beans, drained and rinsed
- ½ C. Keller's Farmstand sweet corn, cut off the cob
- ¼ C. Keller's Farmstand taco seasonings (You may also use gluten-free taco seasonings.)
- 1 C. shredded cheese (cheddar or Mexican blend)

Ingredients for additional (optional) toppings:

- Sour cream
- Guacamole
- Keller's Farmstand salsa
- Keller's Farmstand hot sauce
- Chopped cilantro
- Keller's Farmstand red onion, diced
- Lime juice
- Avocado slices

Directions:

1. Preheat oven to 350 F.
2. Fill a large stockpot with HOT water, salt generously, and place on stovetop on high heat.

3. Cut peppers in half lengthwise, remove stem, and seeds. Place them in the stockpot. Once water comes to a boil, reduce heat to medium low and allow peppers to simmer for 10 minutes. If you like a crunchier pepper, reduce simmering time. (*Be careful to NOT overcook your peppers or they will become mushy and fall apart*).
4. While peppers simmer, place a large, deep sauté pan on the stovetop; please use a 3 – 5 qt. sauté pan or larger. Turn heat to medium, add ground beef, and allow it to brown.
5. When ground beef is browned, add diced onion. Sauté together until onion starts to become soft and translucent (5-10 minutes).
6. Add canned diced tomato (with juices), instant rice, black beans, sweet corn and taco seasonings. Mix well.
7. Remove peppers from hot water with tongs and line them in a 9” x 13” baking dish.
8. Spoon meat mixture into peppers and sprinkle with cheese.
9. Bake peppers for 10-15 minutes and then, if you want to brown the cheese, broil for 1-2 minutes.
10. Allow peppers to cool for 5-10 minutes and then serve with desired toppings.
11. Transfer the optional toppings to a serving bowl and place in the fridge until ready to serve (up to one day in advance). Garnish with more cilantro and lime wedges, if desired.