

Bell Pepper Nachos

9 Servings





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Ingredients:

• 1 lb. lean ground beef • 1 tsp. chili powder

• 1/2 tsp. black pepper

• 1/4 tsp. salt

· 3 bell peppers

• 1 c. cheddar cheese,

• 1 tsp. cumin

• 3/4 c. salsa

shredded

Directions:

Bell Pepper Nachos

• 1 lb. lean ground beef

• 1 tsp. chili powder

2. Preheat oven to 375° F. Spray a baking sheet with non-stick cooking spray. Set aside.

9 Servings

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shredded

• 1 c. cheddar cheese,

- 3. In a large skillet, brown ground beef until internal temperature reaches 160 degrees
- 4. In a small bowl, combine spices and salsa. Add to cooked meat.
- 5. Scrub bell peppers with a clean vegetable brush under running water. Remove seeds, core and membrane from bell peppers. Slice each one into 6 vertical pieces. Set sliced bell peppers on prepared baking sheet.
- 6. Evenly distribute meat mixture into the bell pepper slices. Top with cheese.
- 8. Store leftovers in a sealed container in the refrigerator.

Directions:

- 1. Wash hands with soap and water.
- 2. Preheat oven to 375° F. Spray a baking sheet with non-stick cooking spray. Set aside.
- 3. In a large skillet, brown ground beef until internal temperature reaches 160 degrees when measured with a food thermometer. Drain fat.
- 4. In a small bowl, combine spices and salsa. Add to cooked meat.
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