Bell Pepper Tacos



Sure peppers are a great addition to tacos, but what about using them as the Taco shell? Cut our famous bell peppers in half and there you have it a veggie shell! Here's how we load our pepper shells.

Timing

Prep time	Total time	Skill level
20 mins	**40 mins**	**Easy**

What You'll Need

- 4 Red Sun Farms bell peppers
- 1 Tbsp. olive oil
- ½ onion, diced
- 1 lb. 90% lean ground beef (or turkey for a healthier choice)
- 1 Tbsp. seasoning, such as fajita seasoning
- ¾ cup cheddar or pepper jack cheese
- 1 cup lettuce, shredded
- 1 medium Red Sun Farms tomato, diced
- 1 avocado, mashed
- ¼ cup sour cream (toppings)
- 1 bunch cilantro, chopped

- 1 jalapeno, minced

Directions

1. Pre-heat oven to 400 F.
2. Slice each bell pepper in half. Remove stem and seeds. Place pepper on sheet pan and bake for 10-12 minutes.
3. While the peppers are roasting, heat oil in large heavy-duty pan over medium-high heat. When onion starts to brown, add ground meat. Crumble and stir meat for 2-3 minutes until brown. Add seasoning of your choice and stir for 2-3 minutes. Remove from heat.
4. Fill each roasted bell pepper with about ½ cup of taco meat mixture (or until full). Sprinkle with cheese and return to oven to bake for 20 min or until cheese bubbles and is lightly browned.
5. Remove from oven and top with lettuce, tomato, avocado, sour cream, cilantro and jalapeno, as desired.