Dinner Tonight!

Spicy Stuffed Bell Peppers

**Ingredients:**
- ½ can diced tomatoes
- 4-6 bell peppers
- 1 lb ground hamburger meat
- 1 packet Taco Seasoning
- ½ cup onion
- 1 cup cheese

Preheat oven to 350 degrees. Cut off top of peppers and clean out centers. Fill each bell pepper half way with water, then microwave for 6-7 minutes. Meanwhile, brown 1 pound of ground beef with ½ cup of onion. Add the taco seasoning to the meat according to the package on the taco seasoning packet. Next, add the ½ can of diced tomatoes and bring to a simmer for 10 minutes. Drain the water from the bell peppers; place the bell peppers in a loaf pan. Fill each bell pepper ¾ with the meat mixture; fill the rest of the bell pepper with cheese. Pack the cheese on top of the meat mixture. Cover with foil and bake for 20 minutes or until the bell peppers become tender.

Yield: 4 – 6 servings

**Nutrition Facts Per Serving:**
- Calories: 347
- Fat: 11 g
- Carbohydrates: 11 g
- Protein: 30 g
- Sodium: 393 mg
- Fiber: 3g

This food is very low in Saturated Fat and Cholesterol. This food is a good source of Protein, Vitamin B12 and Zinc, and a very good source of Vitamin C.