

# Taco Stuffed Peppers

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## Servings: 8

*avocado oil cooking spray*  
*4 small bell peppers*  
*1 pound ground beef (80 lean)*  
*1/2 cup onion, finely chopped*  
*2 cups shredded Mexican blend cheese, divided*  
*2/3 cup canned black beans, drained and rinsed*  
*2 large avocados, pitted and peeled*  
*1 pouch (4.5 ounce) guacamole mix*  
*1 package (8 ounce) taco skillet sauce*  
*2 cups shredded lettuce*  
*1 small tomato, chopped*  
*2 tablespoons chopped fresh cilantro (optional)*

## Preparation Time: 20 minutes

Preheat the oven to 375 degrees.

Spray a 9 x 13-inch baking dish with avocado oil spray.

Cut the peppers in half through the stem and remove the seeds. Place the cut side down in the baking dish.

Bake for 15 minutes.

In a large skillet over medium heat, brown the ground beef with the onion. Drain. Stir in the taco skillet sauce and cook until hot. Stir in one cup of cheese and the black beans.

Remove the peppers from the oven and stuff with the ground beef mixture. Top with the remaining one cup of cheese.

Bake 10 minutes until the cheese is melted and the peppers are tender.

Meanwhile, prepare the guacamole mix according to package directions.

Serve the peppers topped with lettuce tomato, two tablespoons of guacamole and the cilantro.

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Per Serving (excluding unknown items): 125 Calories; 8g Fat (54.0% calories from fat); 3g Protein; 12g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 75mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat.