



## MEXICAN STUFFED PEPPERS (DINNER)

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4 servings



50 minutes

### INGREDIENTS

4 bell peppers

400g lean ground beef

400g can chopped tomatoes

160g cooked rice

2 tbsp. Mexican spice blend

### DIRECTIONS

1. Preheat the oven to 375°F (190°C). Heat a large pan over a medium-high heat and cook the beef for 5-7 minutes until browned. Add in the tomatoes and, rice and bring to the boil, then reduce the heat and simmer gently, covered, for around 6-8 minutes.
2. Meanwhile, cut off the tops from peppers and remove the seeds from the inside. Place the peppers on a baking dish and fill the peppers with the beef mixture.
3. Cover the dish with kitchen foil and bake in the oven for 35 minutes, or until the peppers are tender.