

DINNERLY



LOW CARB

ONE-POT

Beefy Mexican Stuffed Peppers with Cheddar & Pickled Onions



20-30min



2 Servings

It's time to get seriously stuffed—with this Mexican-style take on stuffed peppers. We load up green bell peppers with grass-fed ground beef, our taco seasoning, and chopped onions and stick them in the broiler. Before serving, they're smothered in a spiced tomato sauce, pickled onions, and crumbled queso fresco. We've got you covered!

WHAT WE SEND

- canned tomato sauce
- green bell pepper
- yellow onion
- taco seasoning
- grass-fed ground beef
- garlic
- 2 (¾ oz) cheddar ⁷

WHAT YOU NEED

- 1 large egg ³
- apple cider vinegar
- butter ⁷
- kosher salt & ground pepper
- sugar

TOOLS

- medium ovenproof skillet
- small saucepan

ALLERGENS

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 740kcal, Fat 50g, Carbs 35g, Protein 40g



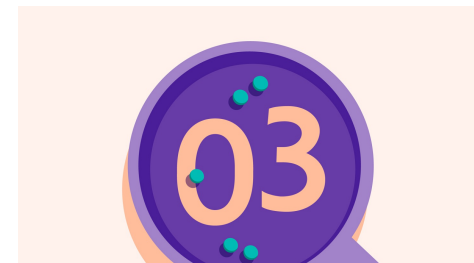
1. Prep onions & garlic

Preheat oven to 450°F with a rack in the upper third. Peel **onion**; finely chop. Peel and finely chop ½ **teaspoon garlic**. In a medium bowl, combine **1 tablespoon vinegar**, **1 teaspoon sugar**, and **a pinch each salt and pepper**, whisking until dissolved. Add ¼ cup of the chopped onions, stirring to combine. Let pickle until step 5.



2. Prep peppers

Cut off the top ½ inch of each **pepper** (including stem). Finely chop tops of peppers, discarding stem. Halve each pepper, then scoop out seeds. Drizzle peppers with **2 teaspoons oil** and season generously with **salt and pepper**.



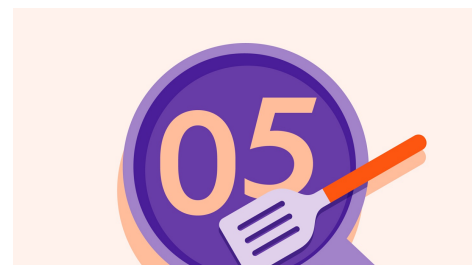
3. Cook filling

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **chopped peppers and onions**. Cook until softened, 3–4 minutes. Transfer to a medium bowl and add **ground beef**, **1 lightly beaten egg**, **2 tablespoons of the tomato sauce**, **1 teaspoon of the taco seasoning**, **¾ teaspoon salt**, and **a few grinds pepper**. Mix to combine.



4. Roast stuffed peppers

Divide **filling** among **peppers**, pressing gently to pack filling down. Heat **1 tablespoon oil** in same skillet over medium. Add peppers, cut-side up; cook until browned on the bottoms, 3–4 minutes. Transfer skillet to top oven rack. Roast until **beef** is cooked through, about 20 minutes. Remove skillet from oven. Preheat broiler.



5. Make sauce & serve

Heat **2 teaspoons oil** in small saucepan over medium. Add **garlic** and ½ **teaspoon taco spice**; cook 30 seconds. Add **remaining tomato sauce**; boil. Off heat, add **1 tablespoon butter** and ¾ **teaspoon sugar**. Spoon **some sauce** over **peppers**. Broil until brown in spots, 3–4 minutes (watch closely). Top with **remaining sauce**, **crumbled queso blanco**, and **pickled onions**....



6. Carbo load!

Maybe not everyone at your table is into eating low carb? If so, add a side of rice and protein-rich beans!