

Mexican Stuffed Bell Peppers

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-beef-spice-mix-recipe>

Ingredients:

- 8 bell peppers
- 1 1/2 cups cooked rice ; any variety or flavor
- 1 pound taco meat or seasoned ground beef
- 1 1/2 cups salsa
- 8 ounces tomato sauce ; divided
- 15 ounces black beans ; rinsed/drained
- 1 cup corn ; frozen or canned
- 1 1/4 cups cheese ; grated, cheddar, Monterey Jack, pepper jack
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1 clove garlic ; minced/grated
- 1/8 teaspoon salt and pepper; to taste
- 1/2 cup water
- 1/8 teaspoon cumin
- 1/8 teaspoon chili powder
- 1/4 teaspoon granulated garlic
- 1/8 salt and pepper; to taste
- 1 pinch oregano ; preferably Mexican
- 4 ounces tomato sauce divided, from above.

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 120 milligrams
4. Fat: 24 grams
5. Fiber: 18 grams
6. Protein: 42 grams
7. SaturatedFat: 11 grams
8. Sodium: 2390 milligrams

9. Sugar: 17 grams

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