

Mexican Stuffed Peppers

Yield: 8 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/mini-peppers-mexican-style-recipe>

Ingredients:

- 4 bell peppers large, — any colors you like, our favorites were the red & green
- 2 teaspoons extra virgin olive oil
- 1 pound ground chicken — or turkey, I used chicken
- 1 tablespoon chili powder ground
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 can fire roasted diced tomatoes — with juices, 14 ounces
- 1 1/2 cups cooked brown rice — quinoa or cauliflower rice
- 1 1/4 cups shredded cheese — Monterey Jack, pepper jack, cheddar, or similar cheese, divided, I used a mix
- avocado Sliced
- chopped fresh cilantro
- salsa
- sour cream
- plain greek yogurt
- lime juice Freshly squeezed

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 70 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams
8. Sodium: 330 milligrams
9. Sugar: 2 grams

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