

Bell Pepper Nachos

Nebraska Seasonal Produce Guide

9 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 1 pound lean ground beef
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon black pepper
- ¼ teaspoon salt
- ¾ cup salsa
- 3 bell peppers, scrubbed with a clean vegetable brush under running water
- 1 cup Cheddar cheese, shredded

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 375°F. Spray a baking sheet with non-stick cooking spray. Set aside.
3. In a large skillet, brown ground beef until the internal temperature reaches 160°F when measured with a food thermometer. Drain fat.
4. In a small bowl, combine spices and salsa. Add to cooked meat.
5. Remove seeds, core, and membrane from bell peppers. Slice each one into 6 vertical pieces. Set sliced bell peppers on the prepared baking sheet.
6. Evenly distribute the meat mixture into the bell pepper slices. Top with cheese.
7. Bake for 10 minutes or until cheese is melted and peppers are hot.
8. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/9 of recipe): Calories 153, Total Fat 8g, Saturated Fat 4g, Cholesterol 45mg, Sodium 370mg, Total Carbohydrates 4g, Fiber 2g, includes 0g Added Sugars, Protein 17g, Calcium 6%, Iron 10%, Potassium 6%



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