

Mexican Beef & Bean Stuffed Peppers

Prep Time: 10 Min

Start to Finish: 1hr 10 min

Servings: 8

POINTS per serving: 3

Ingredients:

- 1 1/2 cups Fiber One Cereal
- 1 can (16 oz) Tomato puree
- 4 medium bell peppers (any color)
- 1/2 lb extra-lean (at least 90%) ground beef
- 1 medium onion, finely chopped (1/2 cup)
- 1 can (16 oz) kidney beans, drained & rinsed
- 1 can (4.5 oz) chopped green chiles, undrained
- 2 tsp chili powder
- 1/2 tsp ground cumin
- 1/4 cup shredded 2% Cheddar Cheese

Instructions

1. Heat oven to 350 degrees. Crush cereal. Stir together cereal and tomato puree; let stand 5 minutes. Cut bell peppers lengthwise in half. Remove seeds and membranes. Place peppers, cut sides up, in 13x9-inch baking dish.
2. In 10-inch skillet, cook beef and onion over medium heat, stirring occasionally, until beef is brown; drain. Stir in cereal mixture and remaining ingredients except cheese. Divide beef mixture evenly among peppers.
3. Cover; bake 40 to 45 minutes or until peppers are tender. Sprinkle each pepper half with about 1/2 tablespoon cheese; let stand 5 minutes.

Nutrition:

1 Serving = 1/2 pepper stuffed. Calories = 170 / Fat = 3.5g / Fiber = 9g

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