



Stuffed Poblano Peppers

557 Calories

Ingredient List

Peppers and Beef

- 2 pounds 96% lean / 4% fat ground beef
- 2 packets taco seasoning (or 3 tbsp Tajin seasoning)
- 5 poblano peppers, halved
- 5 cups light Mexican cheese (or part-skim mozzarella)
- Cooking spray

Seasoned Refried Beans

- Two 16 oz cans of non-fat refried beans
- 4 tbsp Greek yogurt
- 2 tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt

For serving

- Chopped cilantro
- Diced white onion (optional)

Cooking Instructions

1. Preheat the oven to 350°F then add the halved peppers to roast for 10 minutes.
2. While the peppers roast, preheat a pan to medium-high heat and coat with cooking spray. Add in the beef.
3. Break up and cook the beef until fully browned. Season with the taco seasoning according to package directions. Turn off the heat.
4. In a pot, combine all the ingredients listed for the refried beans along with a 1/4 cup of water. Bring up to a simmer over medium heat, stirring occasionally. Simmer for 4-5 minutes, then remove from heat.
5. Remove the peppers from the oven and let them cool slightly.
6. To each pepper, add 1/3 cup of the beans, followed by 3 oz of beef, then lastly 2 oz of cheese on the top.
7. Add the peppers back into the oven and bake for another 10 minutes or until the cheese melts.
8. Take the peppers out of the oven. Garnish with the chopped onion and cilantro. Enjoy!

