

**TOTAL TIME**

40 minutes

PREP TIME

10 minutes

COOK TIME

30 minutes

SERVES

6

COOKING LEVEL

Easy

RECIPE | PEPPERS

BELL PEPPER TACOS

INGREDIENTS**Taco Ingredients:**

6 pack Pure Flavor® Sweet Bell Peppers
1 lb ground beef, turkey or chicken
1 cup shredded cheddar cheese
½ onion minced
1 cup water
1 tbsp olive oil
1 packet taco seasoning

Optional Toppings:

½ cup chopped Pure Flavor® Beefsteak Tomato
1 cup chopped lettuce
Sliced jalapenos
Sour cream or plain Greek yogurt
Fresh minced cilantro
Shredded cheddar or pepper jack cheese
1 lime cut into wedges

DIRECTIONS

1. Preheat oven to 350° F.
2. Cut the peppers in half and remove seeds. Rub some olive oil all over the peppers. Put the finely chopped kale and onion in the pepper creating a hollow for the egg.
3. Carefully break the eggs, one at a time, into a small ramekin and slowly pour into each pepper, taking care not to overflow the egg. Repeat until each pepper is filled. Season with salt and pepper.
4. Bake for about 12-15 minutes or until the whites of the eggs are set.
5. Garnish with some freshly chopped basil and serve hot or room temperature.

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