

DINNERLY



LOW CARB

ONE-POT

Beefy Mexican Stuffed Peppers

with Queso Blanco & Pickled Onions



30-40min



4 Servings

It's time to get seriously stuffed—with this Mexican-style take on stuffed peppers. We load up green bell peppers with grass-fed ground beef, our taco seasoning, and chopped onions and stick them in the broiler. Before serving, they're smothered in a spiced tomato sauce, pickled onions, and crumbled queso fresco. We've got you covered!

WHAT WE SEND

- grass-fed ground beef
- yellow onion
- garlic
- canned tomato sauce
- green bell pepper
- taco seasoning

WHAT YOU NEED

- 2 large eggs
- apple cider vinegar
- butter ⁷
- kosher salt & ground pepper
- sugar

TOOLS

- large ovenproof skillet
- small saucepan

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 670.0kcal, Fat 44.0g, Proteins 40.0g, Carbs 33.0g



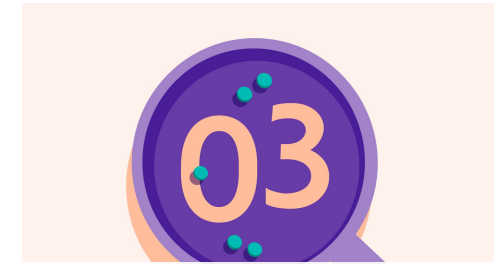
1. Prep onions & garlic

Preheat oven to 450°F with a rack in the upper third. Peel **onion**; finely chop. Peel and finely chop **1 teaspoon garlic**. In a medium bowl, combine **1½ tablespoons vinegar**, **1½ teaspoons sugar**, and **a pinch each salt and pepper**, whisking until dissolved. Add **⅓ cup** of the chopped onion, then stir to combine. Let pickle until step 5.



2. Prep peppers

Cut off the top **½-inch** of each **pepper** (including stem). Finely chop tops of peppers, discarding stem. Halve each pepper, then scoop out seeds. Drizzle peppers with **4 teaspoons oil** and generously season with **salt and pepper**.



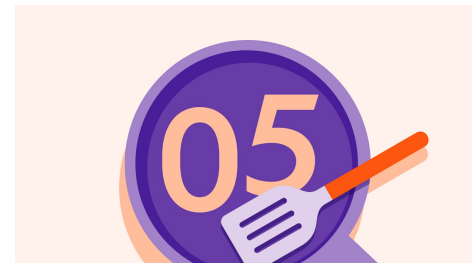
3. Cook filling

Heat **2 tablespoons oil** in a large oven proof skillet over medium-high. Add **chopped peppers and onions**. Cook until softened, 5–6 minutes. Transfer to a large bowl and add **ground beef**, **2 lightly beaten eggs**, **¼ cup of the tomato sauce**, **2 teaspoons of the taco seasoning**, **1½ teaspoons salt**, and **a few grinds pepper**. Mix to combine.



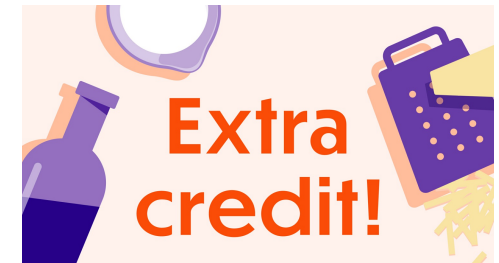
4. Roast stuffed peppers

Divide **filling** among **peppers**, pressing gently to pack filling down. Heat **1½ tablespoons oil** in same skillet over medium. Add peppers, cut-side up, to skillet; cook until browned on the bottoms, 3–4 minutes. Transfer skillet to top oven rack. Roast until **beef** is cooked through, about 20 minutes. Remove skillet from oven. Preheat broiler.



5. Make sauce & serve

Heat **1 tablespoon oil** in a small saucepan over medium. Add **garlic** and **3 teaspoons taco spice**; cook 30 seconds. Add **remaining tomato sauce**; boil. Off heat, add **2 tablespoons butter** and **1½ teaspoons sugar**. Spoon **some sauce** over **stuffed peppers**. Broil until brown in spots, 3–4 minutes. Top with **remaining sauce**, **crumbled queso blanco**, and **pickled onions**. ...



6. Carbo load!

Maybe not everyone at your table is into eating low carb? If so, add a side of rice and protein-rich beans!