



## Mini Stuffed Peppers



Entire recipe (4 stuffed peppers): 104 calories, 1.5g total fat (0g sat. fat), 241mg sodium, 15.5g carbs, 5.5g fiber, 5.5g sugars, 11g protein

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**Prep:** 10 minutes    **Cook:** 15 minutes



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### Ingredients

4 sweet mini bell peppers (each about 2 1/2 inches long)  
1/4 cup finely chopped onion  
1/2 cup frozen vegan ground-beef-style soy crumbles  
1/4 tsp. taco seasoning mix

### Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Slice off and discard the stem end of each pepper. Remove and discard seeds. Place peppers on the baking sheet.

Bake for 4 minutes. Flip peppers. Bake until soft, about 4 more minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium heat. Cook and stir onion until slightly softened, about 2 minutes. Add soy crumbles, and sprinkle with taco seasoning. Cook and stir until onion is soft and crumbles are hot, about 2 more minutes.

If needed, blot away excess moisture from peppers. Fill with soy crumble mixture. Eat up!

#### MAKES 1 SERVING

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