



## Taco Jack-O'-Lantern Stuffed Peppers



[Click to see how it's made](#) !

1/4th of recipe (1 stuffed pepper): 268 calories, 7.5g total fat (3g sat. fat), 365mg sodium, 21g carbs, 5.5g fiber, 9g sugars, 30g protein

[Click for WW Points® value\\*](#)

**Prep:** 20 minutes    **Cook:** 25 minutes



More: [Lunch & Dinner Recipes](#), [Holiday Recipes](#), [Four or More Servings](#), [Gluten-Free](#)

### Ingredients

4 large orange bell peppers (look for peppers that sit flat when the stem ends are up)  
1 lb. raw extra-lean ground beef (at least 96% lean)  
1 tbsp. taco seasoning mix  
1 cup chopped onion  
1 cup chopped mushrooms  
1/2 cup canned black beans, drained and rinsed  
1/3 cup reduced-fat Mexican-blend cheese  
Optional toppings: reduced-fat sour cream, salsa

### Directions

Preheat oven to 350 degrees.

Carefully slice off the top (stem end) of each bell pepper; do not discard. Remove and discard seeds. Using a small, sharp knife, cut jack-o'-lantern faces into the peppers, making triangles for eyes and noses, as well as pointy-toothed smiles.

Place peppers in a deep 8" X 8" baking pan, open halves up. If peppers do not sit flat, gently lean them against the pan sides for support. Place stem ends back on top of peppers. Bake until tender, about 25 minutes. Blot away excess moisture.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef and sprinkle with taco seasoning. Add onion and mushrooms. Cook, stir, and crumble until beef is fully cooked and veggies have softened, 8 - 10 minutes. Add beans, and cook and stir until hot, about 2 minutes. Remove from heat, add cheese, and stir until cheese has melted and evenly distributed. Cover to keep warm.

Remove pepper tops, and evenly distribute beef mixture into peppers. Replace tops, serve, and enjoy!

MAKES 4 SERVINGS

**HG FYI:** Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here](#).

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

