



*No Added Sugar • Nut Free
Gluten Free • Grain Free
Good Source of Fiber*

Bell Pepper Nachos



LIVE WELL
ALABAMA



extension
ALABAMA A&M & AUBURN UNIVERSITIES

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider. www.LiveWellAlabama.com
The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome!
Please let us know if you have accessibility needs. © 2022 by the Alabama Cooperative Extension System. All rights reserved. FCS-2614 www.aces.edu

Bell Pepper Nachos

INGREDIENTS

2 large bell peppers (any color)
1 tablespoon water
1 pinch salt plus 1 teaspoon salt, separate
1 tablespoon vegetable oil
½ pound ground beef or shredded chicken
1 teaspoon chili powder
1 teaspoon cumin
1 teaspoon garlic powder
½ cup Mexican blend cheese, shredded
¼ cup guacamole or avocado, diced
¼ cup salsa
2 tablespoons low fat sour cream

TIPS

- Double or triple this recipe to feed more people.
- Use your favorite taco seasoning if you don't have the dry seasonings in this recipe. Look for the low-sodium version if possible.

DIRECTIONS

1. Preheat oven to broil.
2. Cut each bell pepper into four pieces, removing the stem and seeds.
3. In a large microwave-safe bowl, add peppers, water, and a pinch of salt. Cover and microwave until the pepper pieces are slightly tender, about 4 minutes. Let cool and arrange on a foil-lined baking sheet, cut sides up.
4. In a large skillet, heat oil over medium-high heat and add meat, chili powder, cumin, garlic powder, and 1 teaspoon salt. Cook until browned.
5. Spoon some meat mixture onto each pepper piece. Sprinkle with cheese and broil until cheese melts. Top with guacamole, salsa, and sour cream.

Appetizer | Serves 4