

Shepherd's Peppers

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 15 minutes

Serves: 4

CChints: A new twist on Shepherd's pie which helps to get a little more vegetables into your diet. This also helps with portion control and serving ease. You can substitute yellow or green bell peppers. Fresh parmesan cheese may cost a little more but it really delivers in flavor.



2 large red bell peppers, halved from the stem down and seeded

3/4 pound lean ground beef

1/2 cup water

1.5 ounce package of taco seasoning, mild or hot

1/2 cup diced yellow onions

1/2 cup frozen corn, thawed

24 ounce package prepared, refrigerated garlic mashed potatoes

1/4 cup fresh grated parmesan cheese

Garnish: 2 green onions, green parts sliced thin

Optional: Black olives

Wash the peppers and cut them in half, removing the seeds. Place them cut side down in a microwave container. Cover with the container's cover or cover with plastic wrap and set aside.

Heat a nonstick skillet over medium heat and add the ground beef. Use a wooden or silicone spoon to break up the meat as it cooks. Cook for about 4-6 minutes until it is done. Drain on paper towels and carefully wipe out the pan.

Microwave the peppers for 4 minutes or until the peppers begin to get tender. Remove them from the microwave and let them sit to continue to soften.

Using the same skillet, reduce the heat and add the water and taco seasoning. Stir well and add the onions for 2 minutes. Add the corn and then return the meat to the pan. Cover and cook for about 5 minutes so the meat can absorb the flavors.

During this time, cook the potatoes according to package directions. While you are waiting, prepare your side salad. When everything has finished cooking you are ready to assemble your Shepherd's Peppers.

Place one pepper on each plate, cut side up. Scoop about 1/2 cup of the meat mixture into each pepper and top with 1/2 cup of potatoes. The heat from the potatoes will help to melt the cheese so quickly sprinkle each one with cheese. Top with the green onions and enjoy!