



## Delicious Recipes

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Natural Gas*

# Bell Pepper Taco Bites

## INGREDIENTS

- 3 large bell peppers (any color)
- 1 tbsp olive oil
- 1 small onion, thinly sliced
- 1 lb lean ground beef
- 1 packet taco seasoning
- 1 cup precooked or parboiled rice
- 1 jalapeño, diced
- 2 tbsp fresh cilantro, chopped + more to garnish
- 2 tbsp Worcestershire sauce
- 1 cup shredded cheddar cheese

## OPTIONAL TOPPINGS

- Sour cream
- Fresh chopped cilantro
- Hot sauce

## DIRECTIONS

1. Slice bell peppers into one-inch thick rings and set aside.
2. Heat your gas barbeque to 375°F and place a cast iron skillet on grill.
3. In a large bowl, make your patties by combining ground beef, taco seasoning, rice, cilantro, jalapeño and Worcestershire sauce. Using a 2 oz scoop, form into balls and set aside.
4. Pour olive oil in hot skillet. Add sliced onions and cook gently until caramelize. Use water if needed to prevent burning. Remove from pan.
5. In the same pan, place your bell pepper slices on skillet and fill with the meatballs. Using a meat press, press the patty down until flush with the bell peppers. Cook until golden brown for 5-7
6. Once ready, place cheese over top and close the gas grill to cook the patties internally for 3-5 minutes. Once the cheese has melted and the patties are cooked, remove from the grill.
7. Place on a serving tray and garnish with your favorite toppings like sour cream, cilantro and hot sauce.