

Bell Pepper Taco Boats



BELL PEPPER TACO BOATS

ingredients

1 pound boneless, skinless chicken
1 16-oz jar of salsa
1 15-oz can black beans, drained and liquid reserved
2 cup corn kernels
1 cup onion, diced
1 cup bell pepper, diced
2 tablespoon taco seasoning
4 bell peppers, cut top to bottom, core and seeds removed

OPTIONAL TOPPINGS:

Shredded cheese, salsa, green onions, cilantro, sour cream, or hot sauce

directions

In a heavy-bottomed pot with a lid, add all the ingredients except for halved peppers. Mix to combine and bring to a simmer over medium heat, cover and cook 10 minutes. Uncover and cook an additional 10-15 minutes, until sauce thickens. Chicken should read 165 degrees on a thermometer.

Remove chicken and shred with 2 forks, return to pot and stir to combine. Add some black bean liquid if the sauce gets too thick. Add mixture to halved peppers and top with your favorite garnishes before serving.

notes

Slow cooker: Add all ingredients except halved peppers to a slow cooker. Cook on low 5-6 hours until chicken is cooked through. Remove chicken and shred with 2 forks. Return to pot and mix to combine. Add mixture to halved peppers and top with your favorite garnishes before serving

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