

STUFFED BELL PEPPERS

Cheesy, savory stuffed peppers made with a hearty beef and Italian sausage filling, cauliflower rice, and parmesan



INSTRUCTIONS

1. Prep the peppers

- 6 large bell peppers, tops and cores removed

Preheat the oven to 375°F. Place the bell peppers cut side up in a baking dish or rimmed tray.

2. Sauté the onion and garlic

- 2 Tbsp beef tallow
- 1 medium onion, diced
- 2 to 3 cloves garlic, minced

Heat the beef tallow in a large pan over medium heat. Sauté the onion until softened, then stir in the garlic and cook 1 minute more.

3. Cook the meat

- 1/2 lb ground beef
- 1/2 lb Italian sausage

Add the beef and Italian sausage to the pan and cook until no longer pink, breaking it up with a wooden spoon, about 5 to 6 minutes.

4. Add the cauliflower rice and sauce

- 1 cup cauliflower rice
- 1 (15 oz) can tomato sauce
- 1 tsp dried oregano
- 2 tsp paprika
- Kosher salt and pepper, to taste

Stir in the cauliflower rice, tomato sauce, oregano, paprika, salt, and pepper. Simmer 4 to 5 minutes, until slightly thickened and the cauliflower rice is tender. Taste and adjust seasoning as needed.

5. Stuff and bake the peppers

Fill each pepper with the meat mixture. Bake at 375°F for 10 to 12 minutes, until the peppers are mostly tender.

6. Add the cheese

- 1 cup shredded Parmesan cheese
- Fresh parsley, chopped, for garnish

Remove the dish from the oven and sprinkle the Parmesan evenly over the peppers. Return to the oven and bake 5 to 7 minutes more, until the cheese is melted. Garnish with parsley before serving.

NUTRITION (per stuffed pepper, makes 6)

- Calories: 330
- Total Fat: 22g
- Total Carbs: 8g
- Fiber: 3g
- Net Carbs: 5g
- Protein: 24g

STORAGE

Store leftovers in an airtight container in the fridge for up to 4 days, or freeze for up to 3 months. Reheat in the oven or microwave until warmed through.



Recipe created by Mind-Body Functional Health.
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