

Stuffed Peppers

Prep Time: 10 minutes

Active Cook Time: 10 minutes

Bake Time: 10 minutes

Servings: 6 peppers; 12 halves

Ingredients

- 1 cup of dry rice; approximately 2 cups of cooked rice (in rice cooker or on stove) - OPTIONAL. Omit rice for low-carb option.
- 1/2 large red onion, diced
- mince 3 cloves of garlic
- 1 cup carrots; shredded or small dice
- 1 Tbsp avocado oil; or other unrefined cooking oil such as organic coconut oil, ghee, or grass fed butter.
- Cut 6 bell peppers in half and clean out seeds or 20 mini peppers
- Grate a small block of parmesan cheese or use pre-shredded
- 1.25 pound of lean ground beef
- Pinch of red pepper flakes
- Salt & pepper to taste

Directions

1. Preheat oven to 350 F
2. Dice onion
3. Mince garlic
4. Shred or dice carrots
5. Wash peppers. Cut peppers in half and clean out ribs and seeds
6. Preheat large skillet over medium heat
7. Sauté onions and garlic with a small amount of cooking oil
8. Add carrots and cook until starting to soften, 2 minutes
9. Add salt and pepper
10. Add in ground beef and brown until cooked all the way through; chop and flip repeatedly
11. Add salt, pepper, a pinch of red pepper flakes
12. If using rice, add in the cooked rice and combine well
13. Fill peppers with the cooked mixture; press/pack the filling in the peppers
14. Top with a sprinkle of parmesan cheese
15. Bake in oven for 10-15 minutes; peppers will still be firm and cheese on top should be melted