

VEGGIE LOADED STUFFED BELL PEPPERS WITH GROUND BEEF

Servings: 6

Prep time: 15 minutes

Cook time: 30 minutes

Total time: 45 minutes

INGREDIENTS:

- 6 bell peppers (red, orange or yellow)
- 1lb lean ground beef
- 1 onion, finely diced
- 3 garlic cloves, minced
- 14.5 oz can of petite diced tomatoes OR freshly chopped tomatoes (I used fresh cherry tomatoes)
- 1 zucchini, finely diced
- 8oz Fresh Cauliflower rice (frozen can be used, too)
- 1 Tbsp Italian seasoning
- 1/2 Tbsp Cumin
- Kosher Salt and Pepper
- Avocado or Olive oil
- 1 cup of Mexican Cheese (omit if Whole30)

INSTRUCTIONS:

1. Preheat the oven to 350 degrees Fahrenheit. Cut the bell peppers in half lengthwise and remove the seeds. Coat with some oil and place them upside down on a baking sheet. Bake for 15 minutes.
2. While the bell peppers are cooking, brown some ground beef in a skillet. Once browned, remove, drain, and wipe the pan.
3. Add some oil. Saute garlic and the onion with some salt and pepper. Cook until onions are translucent.
4. Add the tomatoes, zucchini, and cauliflower rice. Season with Italian seasoning, cumin, and salt and pepper. Cook until liquid from the tomatoes have almost evaporated, about 7-10 minutes.
5. Add the ground beef and spinach. Cook until spinach has wilted. Taste the filling and adjust seasonings if necessary.
6. Flip the bell peppers over and stuff with the filling.

7. Add about a cup of water to the bottom of the baking sheet. Cover the bell peppers with aluminum foil and bake in the oven for about 25 minutes.
8. Remove foil and top with cheese (omit if Whole30). Bake for another 5-7 minutes until the cheese is melted.
9. Serve immediately and enjoy!

NOTES:

- You can swap the ground beef for ground turkey or vegan "beef" (i.e. Beyond or Impossible meat)
- Make it your own by adding veggies that are sitting in your fridge/counter.
- I prefer cooking with red, yellow, or orange bell peppers. Green bell peppers tend to be more bitter.
- These freeze well, too! Once they are cool, lay them on a baking sheet and freeze, then transfer to a plastic bag. These last about 6 months in the freezer. To reheat, put in the oven at 350 for about 20-30 minutes.