

## RECIPES

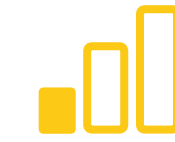


### Stuffed Green Peppers

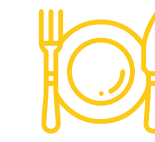
This Bell Pepper Sandwich is perfect for a low-carb lunch!



**Total Time:**  
35 minutes



**Difficulty:**  
Easy



**Portions:**  
4 Sandwich

### Ingredients:

- 4 very large green bell peppers/5 small ones
- 15 oz can tomato sauce
- 1/2 pound ground beef/turkey
- 1/3 cup chopped onion
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1/8 tsp garlic powder
- 1 cup mozzarella cheese

### Instructions:

1. Cut the tops off the peppers and remove the seeds. Place the peppers in a large saucepan and cover with water. Bring to a simmer and cook 3 minutes, just until the peppers are slightly soft. Drain, rinse with cool water and set aside on paper towels to drain.
2. In a skillet, heat the ground beef and onion and cook until no pink remains. Drain.
3. Add the salt, pepper, rice, garlic powder and half of the tomato sauce.
4. Stir well and spoon into the peppers.
5. Top with the other half of the tomato sauce and sprinkle the cheese on top.
6. Bake in an ungreased dish at 350 for 25-30 minutes. Serve warm and enjoy!