



# Cheeseburger Stuffed Bell Peppers

*An easy dinner to prepare in 10 minutes and cook in 30 minutes*

## Ingredients:

3 large bell peppers, sliced vertically with seeds removed  
1 tbsp. extra virgin olive oil  
½ minced onion  
2 cloves minced garlic  
1 lb. ground beef  
2 tbsp. spicy mustard  
½ tsp. salt  
1.5 tbsp. cooked cauliflower rice  
1 tsp. paprika  
½ cup shredded cheese  
½ tsp. onion powder  
½ tsp. garlic powder  
¼ tsp. black pepper  
¼ cup ketchup (low sugar)

## Directions:

1. Preheat your oven to 375 degrees Fahrenheit. Heat a large skillet with the olive oil on the stovetop over medium heat. 2. Once hot, add the onion and saute for 3-5 minutes. Add the garlic and stir until fragrant. Add the beef and saute until the meat is browned. 3. Add the paprika, salt, onion powder, garlic powder and black pepper and mix the seasoning in. Stir in the ketchup, mustard, and coconut aminos, then stir in the cooked cauliflower rice. 4. Once everything is mixed together, season according to taste. Scoop the beef mixture into the pepper halves and place the peppers on a sheet pan or in a baking dish. 5. Pour the water or broth at the bottom of the dish and cover tightly with foil. 6. Place in the oven and bake for about 25-30 minutes, or until the peppers are tender. 7. Uncover the peppers and sprinkle cheese on top. Increase the oven temperature to 400 degrees and bake until the cheese is melted.