

June 2020

Keto Meal Plan Main Meal

Super Spicy Stuffed Peppers

Ingredients:

- 800 gms minced ostridge .
- 4 bell peppers (halved and deseeded).
- 1 cup water.
- ½ cup mushrooms (chopped).
- 1 tbsp tomato puree.
- 1 tbsp chilli powder.
- 1 tbsp onion powder.
- 1 tbsp cumin (ground).
- ¼ tsp salt.

Instructions:

- Preheat oven at 200 degrees.
- In a large frying pan, fry the beef until completely cooked through and browned.
- Drain off fat and add the tomato puree, chilli, onion powder, cumin and salt; pour in water and bring to boil.
- Bring to simmer and cook off excess water. Stir in mushrooms, simmer for 2 minutes.
- Carefully push mixture into the hollowed peppers.
- Line a baking tray with greaseproof paper and bake peppers for 15-20 minutes.

Total Time: 25 Minutes

Nutritional Information:

Total servings - 4

Per serving:

Fat: 29g

Carbohydrates: 5g

Protein: 20g

Calories: 347

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