

LOW CARB LASAGNA-STYLE STUFFED PEPPERS

Preparation: **25** minutes | Cooking: **40** minutes | Servings: **6**

INGREDIENTS

6 large bell peppers
4 cloves minced garlic
1 ½ pounds
ground beef
2 cups marinara
1 cup ricotta
1 cup mozzarella
1 tablespoon olive oil
1 tablespoon Italian
seasoning
¾ teaspoon sea salt
¼ teaspoon black
pepper



INSTRUCTIONS

Heat olive oil in large skillet on medium-high heat before adding garlic to cook for about 30 seconds. Add ground beef and stir/break apart meat. Cook for about 10 minutes. Add marinara sauce, Italian seasoning, salt, and pepper before reducing to simmer for 5-8 minutes. Preheat oven to 375 degrees Fahrenheit. Chop off tops of peppers and remove ribs and seeds. Slice smooth layer on bottom to allow peppers to stand, but avoid creating a hole. Place peppers in baking dish. Stuff peppers with ¼ cup meat sauce, 2 tablespoons ricotta, 2 tablespoons shredded mozzarella. Repeat until peppers are filled and topped with mozzarella. Place aluminum foil over dish, avoiding contact with the cheese. Bake for 30 minutes before removing aluminum foil and baking for another 10 minutes.