

## Low Carb Stuffed Green Peppers

SOURCE: [lowcarbluxury.com](http://lowcarbluxury.com)

### Ingredients:

- 1 TBS butter
- 4 Green bell peppers
- 1 1/2 lbs ground sirloin
- 1/2 lb ground sausage (hot, mild, your choice)
- 1 small white onion, diced fine
- Oregano, Seasoned Pepper +Fennel Seed [optional] to taste
- 6 Roma tomatoes
- 2 tsp of crushed garlic OR 1/2 tsp garlic powder
- 6 oz fresh Feta cheese, crumbled
- 1/2 C grated Parmesan or Romano cheese
- 1/2 C shredded Mozzarella cheese (optional)

Spray casserole dish with PAM. Cook ground sirloin + sausage at low-medium heat, stirring often. Once meat is cooked through, drain thoroughly. Add all butter, onions, garlic, oregano, seasoned pepper, fennel seed + 3/4 of tomatoes. Simmer over low heat approximately 20 minutes.

Preheat oven to 350° F. Cut off tops of all peppers, remove inner seeds and membranes and wash thoroughly. Fill all peppers with meat mixture, alternating with a layer of feta and parmesan cheeses. Place peppers into a casserole dish, side by side, adding the remaining tomatoes to the dish (around and under the peppers so they cook up and into the peppers - alternatively, you can cut peppers in half vertically and stuff each half, making serving easier and speeding bake-time.)

Add any remaining mixture around the peppers and sprinkle all remaining feta and Parmesan cheeses on top. Add shredded Mozzarella cheese if desired for a hint of extra flavor.

Bake approximately 30 minutes at 350° F or till browned and bubbly as desired.

Makes 4 stuffed peppers (or 8 half-peppers)

5 net grams of carbohydrate/serving