

Baked Crispy Beef Stuffed Peppers

musclefood
Premium nutrition for healthy living

Ingredients:

- 3 bell peppers
- 6oz Muscle Food Lean Ground Beef
- 1 chilli
- 1tsp garlic
- 1 ½ tbsp. honey



Ready in just 5 minutes, these beautifully beefy stuffed peppers bring BIG taste while staying seriously lean to hit your macros... #NOMNOM

Cooking method

- 1 Preheat your oven to 250c/450f.
- 2 Slice the top off your peppers and remove all the seeds inside
- 3 Place the peppers into the oven until the beef is ready.
- 4 In a very hot non-stick pan, add your beef in with your garlic, chilli and honey. Cook for 5 minutes.
- 5 Take the peppers out, stuff them with your beef and sprinkle some Parmesan cheese on top (if you like).

Serves: 2

310
CALORIES

36g
PROTEIN

18g
CARBS

9g
FAT