

# Stuffed Peppers

These individual portions are easy to serve. Plus they look great on a tray! Make them ahead and reheat for a quick dinner after a summer day out. We're using our Meatball recipe from Always Delicious (page 149), but feel free to experiment with other fillings, such as the Meatloaf with Smoked Paprika Ketchup (Always Delicious pages 152 - 153).

6 large red bell peppers

2 cups No Sugar added Marinara Sauce or for a spicy option use Ranchero Sauce (Always Hungry page 272)

Parmesan cheese, grated for topping

1 recipe Beef, Bison, or Turkey Meatballs

- 1 small onion
- 1 small carrot
- 18 to 20 sprigs cilantro (about 1 ounce), coarsely chopped
- 1 clove garlic
- 1 to 2 teaspoons All Purpose Seasoned Salt (Always Delicious page 283), or 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup Chickpea Bread Crumbs (Always Delicious page 196), optional
- 1 1/4 pounds ground beef (90% lean), ground buffalo, or ground turkey
- 1 tablespoon Sugar-Free Worcestershire Sauce (Always Delicious page 284, or store bought if no sugar added).
- 3 tablespoons neutral tasting oil, such as avocado oil

Preheat the oven to 350 F.

Cut the tops off the peppers about 1/2 inch from the top. Remove the stem and scoop out the seeds to create a pepper cup to hold the fillings. Set aside.

Place the onion, carrot, cilantro, garlic, seasoned salt, pepper, and Chickpea Bread Crumbs (if using) in a food processor. Process until the vegetables are finely minced.

Place meat in a large bowl. Stir in the minced vegetables and the Worcestershire until well combined.

Fill each pepper with an equal amount of meat mixture, using all of the mixture. If using Smoked Paprika Ketchup, add it on top of each pepper. Bake for 45 to 60 minutes. Top with Marinara Sauce or Ranchero Sauce and cheese in the last 15 minutes of cooking. Serve warm or refrigerate and reheat before serving.

Calories: 335

Carbohydrate: 26 g

Protein: 25 g

Fat: 15 g

## Meal Suggestion

Phase 1: Serve with a side salad of mixed greens, carrots, cucumbers, and tomatoes and 1 - 2 teaspoons Mustard Vinaigrette (Always Hungry page 264) and a Fruity Coconut Ice Pop (Always Delicious page 310), Phase 1 Variation.

Carbohydrate: 26 %      Protein: 21%      Fat: 53%

Phase 2: Serve with 1/2 cup cooked quinoa, a side salad of mixed greens, carrots, cucumbers, and tomatoes and 1 - 2 teaspoons Cashew Balsamic Vinaigrette and a Fruity Coconut Ice Pop (Always Delicious page 310).

Carbohydrate: 35%      Protein: 20%      Fat: 45%

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