

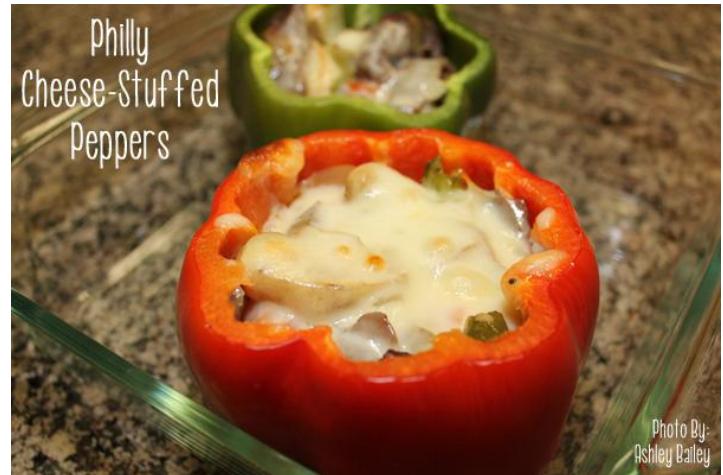
Philly Cheese-Stuffed Peppers

Recipe Adapted from: Peace+Love+LowCarb

Serves 4

Ingredients

1 pkg (6oz) thinly sliced deli roast beef*
4 slices reduced-fat provolone cheese
(could also use shredded)
4 medium bell peppers, any color
1 large onion
1 pkg (8oz) sliced mushrooms
1 Tbsp extra virgin olive oil
1 Tbsp minced garlic
Salt and pepper, to taste



Directions

1. Preheat oven to 400° F. Cut the tops off the peppers and remove the ribs and seeds. Reserve tops.
2. Dice tops of peppers and onion. Over medium-high heat, sauté pepper tops, onion, and mushrooms with olive oil, garlic, salt and pepper until vegetables start to become tender and onions translucent.
3. Slice roast beef into thin strips and add to the onion/mushroom/pepper mixture. Let cook for 5-10 minutes, or until heated through.
4. Line the bottom of each bell pepper with ½ slice of provolone cheese. Fill fully with roast beef mixture. Top each pepper with other ½ slice of provolone cheese.
5. Bake 25-30 minutes or until cheese is melted and peppers tender.

Notes: Green bell peppers are traditionally used in Philly Cheesesteaks, but any color pepper (red, green, yellow, and/or orange) tastes great with this recipe.

*Try to purchase deli meats that do not have added preservatives, nitrates, nitrites, or other unnecessary ingredients. [Hormel Natural Choice](#) and [Applegate Naturals](#) both have natural deli roast beef and are available in stores.

Nutrition Information per Serving: Calories: 240, Total Fat: 11gm, Saturated Fat: 3.5gm, Trans Fat: 0gm, Cholesterol: 45mg, Carbs: 12gm, Fiber: 3gm, Protein: 20gm, Sodium: 160mg