

High Protein Pepper Casserole

@the90daysolution



Ingredients

- 3 bell peppers diced
- 1lb 93/7 beef. 1-8oz bag of low carb rice
- 1 small onion, 3 garlic cloves finely diced. 1 tomato sauce 15oz
- 1tbsp oregano, 1tbsp paprika
- 1tbsp garlic powder
- 1/2tbs cayenne pepper

Topping

- Salt & Pepper to taste
- 1 cup shredded cheese of choice

Instructions

1. Preheat oven to 375°F.
2. In a skillet, brown the ground beef over medium heat with diced onion and garlic.
3. Add the spices, salt, pepper, and the tomato sauce.
4. Add your diced bell peppers, mix well, and cook for about 2-3 minutes until soft.
5. Add your uncooked rice (or rice alternative) and simmer for 3 mins. If using regular cooked rice, move forward to next step.
6. Top with 1/2 cup shredded cheese, and pop into the oven for 15-20 mins.
7. Let rest for 5 minutes before serving.

