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jan 12 2023 these healthy stuffed peppers with ground beef make the perfect weeknight dinner they re lower in carbs high in protein and you can have dinner on the table in just 30 minutes

jun 22 2025 this healthy stuffed pepper recipe is made with tender and well seasoned ground beef and mixed with fluffy rice to create a hearty satisfying meal filled with protein

nov 17 2024 mix browned beef cooked rice 1 can tomato sauce worcestershire sauce salt and pepper in a bowl spoon mixture into each hollowed pepper mix remaining tomato sauce with italian

mar 14 2025 high protein and low carb with lean ground beef as the star and cauliflower rice instead of regular rice these peppers are perfect for anyone watching their carbs while getting plenty

sep 3 2025 these low carb high protein stuffed peppers are a quick flavorful dinner option that s gluten free dairy optional and macro friendly preheat oven to 375 f 190 c lightly grease a 9 13

oct 27 2025 it s the healthy comforting and weeknight friendly dinner you ve been searching for and i can t wait to show you how to master it a note on ingredients using lean ground beef 90 10

nov 16 2025 there s a special kind of magic in a recipe that fits so perfectly into the rhythm of your week and these healthy ground beef stuffed peppers do just that they are a staple in our bend

may 11 2023 stuffed peppers are one of my favorite comfort food recipes you ve got veggies and beef and rice all in one spot they are warm and delicious and they taste amazing with a salad on

jun 23 2025 lean ground beef i choose 90 lean hamburger meat to prevent the filling from tasting greasy mushrooms use what you ve got be it white button cremini or portobello cooked

jul 31 2025 my cheesy savory healthy stuffed peppers are the perfect weeknight dinner idea made with seasoned lean ground beef fluffy rice and melted cheese they are meal prep friendly and easy

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