

## STUFFED PEPPER DELIGHT

4 BELL PEPPERS

1 LB OF GROUND BEEF

WHOLE MILK RICOTTA CHEESE

&

PARMASEAN CHEESE

LOW CARB PASTA SAUCE

COOK GROUND BEEF TILL BROWN

PUT OVEN OF BROIL FOR AROUND 5 MINUTES

PLACE RICOTTA CHEESE AT BOTTOM OF BELL PEPPER

STIR IN PASTA SAUCE ONCE MEAT IS DONE

TAKE FINISHED MEAT AND PLACE AT BOTTOM OF PEPPERS

TAKE PARMASEAN CHEESE AND FILL IN PEPPERS

ADD SOME SALT AND PEPPER

PUT PEPPERS AND TOPS BACK IN OVER FOR 3-5 MINUTES ON BROIL

SERVE AND ENJOY!