

Low Carb Mexican Stuffed Peppers

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/low-carb-mexican-stuffed-peppers-recipe>

Ingredients:

- 3 bell peppers large, cut in half lengthwise and cored
- 2 teaspoons coconut oil or avocado oil
- 1 pound grass fed beef
- 1 cup red onion chopped
- 1 cup crimini mushrooms or chopped white
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 1/2 teaspoon chipotle chili ground
- 1/2 teaspoon salt
- 1/4 teaspoon canela
- 1/2 cup tomato puree canned
- 4 ounces shredded sharp cheddar cheese
- cilantro leaves chopped fresh, for garnish, optional

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 20 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 5 grams
8. Sodium: 420 milligrams
9. Sugar: 4 grams

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