

Keto Stuffed Peppers

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/stuffed-peppers-recipe-beef-and-italian-sausage>

Ingredients:

- 1 pound ground beef Grass-Fed
- 4 Italian sausage Links
- 1 cup mozzarella cheese Shredded
- 1/2 Parmesan cheese Shredded
- 2 red bell peppers
- 2 yellow bell peppers
- 3 green bell peppers 1 Diced for Filling
- 1 cup white onion Diced
- 1 cup marinara sauce Rao's, Diced
- 2 1/2 tablespoons olive oil
- 1/2 teaspoon Himalayan salt Pink
- 1/2 teaspoon black pepper