STUFFED RED BELL PEPPER

PHASE 2
Serves 6
2 pounds lean ground beef
1 cup chopped red onion
1 cup diced celery
3 tablespoons chopped cilantro
3 tablespoons minced garlic
1½ teaspoons sea salt
1 teaspoon ground black pepper
1 teaspoon dried oregano
1 teaspoon dried basil
1 cup baby spinach
6 red bell peppers
Preheat the oven to 375 degrees. In a large nonstick skillet over medium heat, lightly brown the beef and onion. Turn the heat to low and add the celery, cilantro, garlic, salt, black pepper, oregano, and basil. When the beef is completely browned, remove the mixture from the heat and stir in the spinach.
Wash each bell pepper and remove tops, cores, and seeds. Stuff each pepper with ½ to 2/3 cup of the beef mixture. Put the peppers in a glass baking dish and pour 2 tablespoons of water into the bottom. Cover with foil and bake for 50 minutes.”

Excerpt From: Pomroy, Haylie. “The Fast Metabolism Diet.” Harmony, 2013-04-09. iBooks.
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