

# LOW-CARB PHILLY CHEESESTEAK STUFFED PEPPERS

yield: **6 SERVINGS**

prep time: **20 MINUTES**

cook time: **30 MINUTES**

total time: **50 MINUTES**

*These cheesy stuffed peppers with seasoned flank steak will make it into your keto dinner rotation for sure!*

## INGREDIENTS

- 1.25 pounds flank steak thinly sliced
- 1 tablespoon olive oil
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- salt & pepper to taste
- 2 tablespoons butter
- 1 cup sliced onion
- 1 red bell pepper
- 2 cloves garlic, minced
- 12 slices provolone cheese
- 6 whole green bell peppers

## DIRECTIONS

- 1 Preheat oven to 400.
- 2 Cut flank steak against the grain into thin slices.
- 3 Heat olive oil in a large skillet to medium heat. Add the steak, garlic powder, paprika, salt, and pepper.
- 4 Mix and cook meat until no longer pink, about three minutes. Once cooked, transfer meat to a bowl and set aside.
- 5 Add butter to the pan and saute minced garlic, onion, and red bell pepper until tender and translucent. Add salt and pepper to taste. Add the meat back into the skillet with veggies and mix.
- 6 Cut the tops off of the 6 bell peppers, remove insides, and place in a 9x13 casserole dish.

- 7 Fill each green pepper halfway with the cooked meat and veggie mixture. Place a slice of cheese inside each pepper. Fill the other half of each pepper with remaining meat mixture, and top each with a second slice of cheese.
  
- 8 Place stuffed peppers in the oven and bake for 30 minutes until the skin of peppers looks shriveled and cooked through. **Tip:** If your cheese starts getting too brown, cover pan with non-stick foil.

## NUTRITIONAL INFORMATION

Yield: 6 servings, Serving Size: 1 stuffed pepper

*Amount Per Serving:* Calories: 474, Total Carbohydrates: 19g, Fiber: 7g, Net Carbohydrates: 12g, Total Fat: 29g, Protein: 37g

*Brought to you by Hip2Keto.*