Prep Time: 15 minutes
Cook Time: 40 minutes
Total Time: 55 minutes
Servings: 4

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Introduction

Tired of the same old dinner routine? These Keto Mexican Stuffed Peppers are the answer. They are vibrant, flavorful, and packed with all the savory goodness of traditional Mexican cuisine without the carb-heavy rice. By swapping out grains for cauliflower rice and loading up on seasoned ground beef, zesty spices, and melted cheese, you get a meal that is both comforting and completely guilt-free.

Perfect for a busy weeknight or a meal-prep Sunday, this dish is a crowd-pleaser that satisfies even non-keto eaters. The natural sweetness of the bell peppers pairs beautifully with the rich, spicy meat filling, while the melted cheese ties it all together. Let’s dive into how to make this delicious, low-carb favorite.

Ingredients

For the Peppers:

- 4 large Bell Peppers (any color, though red and yellow are sweeter)
- 1 tbsp Olive Oil
- Salt and Pepper to taste

For the Filling:

- 1 lb (450g) Ground Beef (80/20 is best for flavor)
- 1/2 medium Onion, diced
- 2 cloves Garlic, minced
- 1 cup Cauliflower Rice (fresh or frozen)
- 1 can (14.5 oz) Diced Tomatoes, drained

- 2 tbsp Tomato Paste
- 1 tbsp Chili Powder
- 1 tsp Ground Cumin
- 1 tsp Smoked Paprika
- 1/2 tsp Dried Oregano
- 1/4 tsp Cayenne Pepper (optional, for heat)
- Salt and Black Pepper to taste

For the Topping:

- 1 1/2 cups Shredded Mexican Blend Cheese (Cheddar, Monterey Jack, etc.)
- Fresh Cilantro, chopped (for garnish)
- Sour Cream (for serving)
- Avocado slices (for serving)

Equipment

- Large Skillet
- 9×13 Baking Dish
- Aluminum Foil
- Mixing Spoon
- Chef’s Knife and Cutting Board

Instructions

Step 1: Prep the Peppers (Time: 5 mins | Intensity: Low)

Preheat your oven to 375°F (190°C). Wash the bell peppers and slice them in half vertically, right through the stem. Remove the seeds and white membranes inside. Place the pepper halves cut-side up in a baking dish. Drizzle with a little olive oil and season with salt and pepper. Set aside.

Step 2: Brown the Beef (Time: 5-7 mins | Intensity: Medium)

Heat a large skillet over medium-high heat. Add the ground beef and cook, breaking it apart with a spoon, until it is browned and no longer pink. This should take about 5 to 7 minutes. If there is excess fat, you can leave a little for flavor, but drain the rest if you prefer a leaner dish.

Step 3: Sauté Aromatics and Spices (Time: 3-4 mins | Intensity: Medium)

Add the diced onion and minced garlic to the beef in the skillet. Sauté for 3 to 4 minutes until the onions become translucent and fragrant. Next, stir in the chili powder, cumin, smoked paprika, oregano, and cayenne pepper (if using). Stir constantly for 1 minute to toast the spices and coat the meat evenly.

Step 4: Add Cauliflower Rice and Tomatoes (Time: 4-5 mins | Intensity: Medium)

Stir in the cauliflower rice and tomato paste. Cook for 2 minutes to soften the cauliflower slightly. Add the drained diced tomatoes and mix everything together. Let the mixture simmer for 2 to 3 minutes until heated through and the liquid has slightly reduced. Season with salt and black pepper to taste. Remove from heat.

Step 5: Assemble the Peppers (Time: 3 mins | Intensity: Low)

Spoon the beef and cauliflower mixture generously into each bell pepper half, packing it down slightly. Place the stuffed peppers back into the baking dish. Sprinkle the shredded Mexican cheese evenly over the top of each pepper.

Step 6: Bake (Time: 25-30 mins | Intensity: Low)

Cover the baking dish with aluminum foil and bake in the preheated oven for 20 minutes. After 20 minutes, remove the foil and bake for another 5 to 10 minutes, or until the cheese is bubbly and golden brown and the peppers are tender-crisp. (Note: If you prefer softer peppers, you can parboil them for 3-5 minutes before stuffing, or bake covered for an extra 10 minutes.)

Step 7: Rest and Serve (Time: 5 mins | Intensity: Low)

Remove the dish from the oven and let it rest for 5 minutes. This allows the juices to settle.

Garnish with fresh chopped cilantro. Serve hot with a dollop of sour cream and slices of fresh avocado.

Recipe Notes & Tips

- Meal Prep: These peppers keep well in the fridge for up to 4 days. Reheat in the microwave or oven.
- Texture: For a firmer pepper, stick to the 30-minute bake time. For a softer, melt-in-your-mouth pepper, pre-boil the empty halves for 5 minutes before stuffing.
- Variations: Swap ground beef for ground turkey or chicken. You can also add chopped jalapeños to the filling for extra kick.
- Cheese: If you don’t have Mexican blend, sharp cheddar or pepper jack work beautifully.

Nutrition Information (Per Serving)

Note: Nutrition facts are estimates and will vary based on specific ingredients and brands used. This calculation assumes 4 servings.

- Calories: 420 kcal
- Total Fat: 26g
- Saturated Fat: 12g

- Cholesterol: 90mg
- Sodium: 550mg
- Total Carbohydrates: 12g
- Dietary Fiber: 4g
- Sugars: 5g
- Net Carbs: 8g
- Protein: 28g