Prep Time: 15 minutes
Cook Time: 35 minutes
Total Time: 50 minutes
Servings: 4

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Introduction

Stuffed peppers are a classic comfort food, but traditional recipes are often loaded with carb-heavy rice. This Keto Stuffed Peppers recipe swaps out the grains for a rich, savory combination of ground beef, cauliflower rice, and melted cheese. It’s a low-carb, high-fat meal that doesn’t skimp on flavor. The natural sweetness of the bell peppers pairs perfectly with the seasoned meat and tangy marinara, while the cauliflower rice absorbs all the juices, making every bite satisfying. Whether you are strictly keto or just looking for a healthier dinner option, this dish is a weeknight winner that the whole family will love.

Ingredients

- 4 large Bell Peppers (any color, though red and yellow are slightly sweeter)

- 1 lb (450g) Ground Beef (or ground turkey)

- 1 cup Cauliflower Rice (fresh or frozen)
- 1 cup Marinara Sauce (sugar-free, no added sugar)
- 1 ½ cups Shredded Mozzarella Cheese (divided)
- ¼ cup grated Parmesan Cheese
- ½ medium Onion (finely diced)
- 3 cloves Garlic (minced)
- 2 tbsp Olive Oil
- 1 tsp Italian Seasoning
- ½ tsp Paprika
- Salt and Black Pepper (to taste)
- Fresh Parsley (for garnish, optional)

Instructions

1. Prep the Peppers: Preheat your oven to 375°F (190°C). Wash the bell peppers and slice them in half lengthwise through the stem. Remove the seeds and white membranes. Rub the outside of the peppers with a little olive oil and place them cut-side up in a baking dish.

2. Par-bake the Peppers: Place the dish in the oven and bake for 10-12 minutes. This softens the peppers slightly so they aren't crunchy in the final dish.

3. Sauté the Aromatics: While the peppers bake, heat the olive oil in a large skillet over medium heat. Add the diced onion and cook for 3-4 minutes until translucent. Add the minced garlic and cook for another 30 seconds until fragrant.

4. Brown the Meat: Add the ground beef to the skillet. Break it apart with a spoon and cook until browned and no longer pink (about 5-7 minutes). Drain any excess fat if necessary.

5. Add the Cauliflower & Seasoning: Stir in the cauliflower rice, Italian seasoning, paprika, salt, and pepper. Cook for 3-4 minutes until the cauliflower is tender.

6. Add the Sauce: Pour in the marinara sauce and stir to combine. Let the mixture simmer for 2-3 minutes. Remove from heat and stir in ½ cup of the shredded mozzarella and the grated Parmesan cheese.

7. Assemble: Remove the peppers from the oven. Spoon the beef mixture generously into each pepper half.

8. Bake: Top the stuffed peppers with the remaining 1 cup of mozzarella cheese. Return to the oven and bake for 15-20 minutes, or until the cheese is melted and bubbly.

9. Broil (Optional): For a golden-brown top, switch the oven to broil for the last 2 minutes. Watch carefully to prevent burning.

10. Serve: Garnish with fresh chopped parsley and serve hot.

Recipe Intensity & Timing

- Intensity: Easy to Moderate. The cooking techniques are straightforward (sautéing and baking), but you need to manage two steps simultaneously (baking peppers while cooking the filling).

- Timing:

    - 0:00 – 0:12: Par-baking peppers / Prepping filling.

    - 0:12 – 0:25: Cooking meat and cauliflower mixture.

    - 0:25 – 0:45: Final bake with cheese.

    - 0:45 – 0:50: Resting and plating.

Nutrition Information

(Disclaimer: Nutritional values are estimates and will vary based on specific ingredients and brands used.)

- Serving Size: 2 pepper halves
- Calories: 480 kcal
- Total Fat: 32g
- Saturated Fat: 14g
- Cholesterol: 100mg
- Sodium: 750mg
- Total Carbohydrates: 12g
- Dietary Fiber: 4g
- Net Carbs: 8g
- Sugars: 6g

- Protein: 34g