

Stuffed Jack-O-Lantern Bell Peppers

How cute are these stuffed peppers?! They are also bariatric friendly focusing on lean protein and non-starchy vegetables.

Ingredients:

- 6 bell peppers, any color
- 1 pound 97% lean ground beef
- 1 egg
- 1 small onion, chopped
- 1 small tomato, diced
- 2 cloves garlic, minced
- 1/2 cup chili sauce
- 1/4 cup prepared yellow mustard
- 3 tablespoons Worcestershire sauce
- 1/4 teaspoon salt 1/4 teaspoon pepper



Directions:

1. Preheat oven to 350 degrees F. Grease an 8x8 inch baking dish.
2. Lightly mix together the ground beef, egg, onion, tomato, garlic, chili sauce, mustard, Worcestershire sauce, salt, and pepper in a bowl.
3. Wash the peppers, and cut jack-o'-lantern faces into the peppers with a sharp paring knife, making triangle eyes and noses, and pointy-teeth smiles. Slice off the tops of the peppers, and scoop out the seeds and cores. Stuff the peppers lightly with the beef stuffing, and place them into the prepared baking dish so they lean against each other.
4. Bake in the preheated oven until the peppers are tender and the stuffing is cooked through and juicy, about 1 hour.