

Keto Lasagna Stuffed Peppers

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Servings: 6

Ingredients

- 3 large bell peppers
- 1 tsp olive oil
- 1/4 tsp fennel seeds
- 1 pound lean ground beef
- 1 cup tomato sauce (or your favorite low carb sauce)
- 1 1/2 cup shredded mozzarella cheese, divided use (6 oz)
- 1 cup whole milk ricotta cheese
- 1/4 cup Parmesan cheese



Steps

1. Preheat oven to 350 F and place rack to middle position. Halve the peppers lengthwise and remove the seeds and white pith with a spoon. Place in a 9×13 inch baking dish or in the bottom of a slow cooker.
2. Add the olive oil to a medium pan set over medium heat. When hot, add fennel seeds and cook stirring quickly until fragrant. Then, cook the ground beef in the pan, breaking it up into small pieces until cooked through. Stir in the marinara sauce and cook until thickened. Cool and mix in 1/2 of the mozzarella cheese.
3. Spoon the meat sauce into the peppers, filling half way. Spoon a scant 1 1/2 tbspc ricotta cheese into each pepper followed with the remaining meat sauce.
4. Cover the peppers with a piece of parchment paper, tucking the access around them. Then, cover the dish tightly with foil. [At this point the stuffed peppers can be refrigerated up to 2 days. Let sit on the counter for 30 minutes before baking.]
5. Oven
6. Bake covered for 30 minutes. Then, remove the foil and parchment and top with remaining ricotta and mozzarella cheeses. Bake uncovered for an additional 10-15 minutes. Place under broiler for additional browning. Top with Parmesan cheese and serve.
7. Slow Cooker
8. Layer the ingredients in the peppers as per steps 2 and 3 above. Cook on high 3-4 hours or on low for 6-8 hours. When done, divide the remaining ricotta and mozzarella cheeses among the peppers. Cover and heat until the cheese melts. Top with Parmesan cheese and serve.
9. Serve with a green salad with oil and vinegar dressing.
10. Makes 6 pepper halves. Serves 6 at 8.63 g NET CARBS PER SERVING.

Notes

- Freeze cooked peppers individually or together as a whole meal in an air tight container or zip bag. Thaw overnight in the refrigerator. Reheat in the microwave or bake covered at 350 F until heated through.