

# Ground Beef (Keema) Stuffed Peppers



## Ingredients:

Olive Oil: Spray

Multicolored peppers: ~4

Cooked White Rice: ~1/2 - 1 cup (optional for a keto-friendly diet)

Green onions: 1-2 stalks chop into small pieces

Ground beef: 2 lbs ground beef made with Anar Gourmet Foods Seasoning kit per recipe

## Recipe:

- Make Keema using Anar Gourmet seasoning kit OR use prepared leftover food.
- Pre-heat oven to 350 degrees.
- Cut Multicolored peppers, halved lengthwise and deseeded with stem intact.
- Place peppers cut side down on large plate and microwave until tender, about 8 mins.
- CAREFULLY remove hot plate with peppers from microwave, allow to cool!
- Mix cooked ground beef (Keema) and cooked rice in a bowl (according to desired proportions).
- Spray baking sheet with olive oil, place peppers cut side up.
- Fill with peppers with Keema and rice mix.
- Bake for 15-20 mins till Keema and rice (optional for keto friendly diet) are heated through to 165 degrees and peppers slightly soften to desired texture.
- Top off with green onions for a tasty satisfying meal.

Chef's Note: I think you could also sprinkle cheese on the Keema while baking. However, since I haven't prepared the dish with cheese, I will leave it up to your creativity and judgement, if you'd like to do that.

