



## Paleo Stuffed Peppers

- 2lbs Ground Beef (The leaner the better)
- 1-2 Onions
- 1 Can Tomato Sauce
- 6 Peppers (I used green, but you can use any color)
- Few Cloves of Garlic
- Salt
- Pepper



1. Start by par boiling the peppers until semi soft. Cut tops off and put aside.
2. Cut up the onions, garlic, and tops of peppers and mix into the meat mixture along with salt and pepper to taste. Also mix in about half the can of tomato sauce.
3. Stuff the meat into the peppers
4. Pre heat oven to 350, Place peppers in baking dish and cover with the remaining tomato sauce
5. Bake for about 45 min, or until meat is cooked through. Time may vary depending on how big or small your peppers are!

Enjoy!