

# Cheese Steak Stuffed Bell Peppers

April 27th, 2023

**This recipe serves: 4**

Prep Time: 00:15

Cook Time: 00:30

These Cheese Steak Stuffed Bell Peppers provide a low carb alternative to the Cheese Steak Sandwich.

## Ingredients:

4 Green Bell Peppers

### Beef Filling

1 Red Bell Pepper

1 Yellow Onion

1.5 Pound Steak, diced or 1.5 Pound Ground Beef

4 Roma Tomatoes, diced

4 Ounces Mushroom, diced

1/4 Cup Cauliflower, riced

2 Avocados, diced

### Homemade Cheese Whiz (Keto Friendly)

1 Tablespoon Unsalted Butter

1/4 Cup Chicken Stock

1/4 Cup (60 grams) Cream Cheese

1/4 Cup Heavy Cream

1/2 Egg Yolk

1/4 Cup (60 grams) Shredded Cheese (Cheddar or Provolone)

1 Clove Fresh Garlic (minced), or 1/2 Teaspoon Garlic Powder

1 Pinch Salt

## Directions:

### Prepare the Bowls

Cover oven sheet with aluminum foil.

Halve the Green Bell Peppers. Remove the pith and seeds.

Coat Green Bell Peppers lightly with Olive Oil, inside and out.

Sprinkle Green Bell Peppers with Salt.

Broil Green Bell Peppers on the upper rack for 3 minutes.

Flip each Pepper half and broil another 3 minutes until the Peppers are slightly softened and brown spots begin to appear.

Remove Green Peppers from the oven and cool.

Turn off the oven.

### Beef Filling

Meanwhile, slice Red Bell Peppers and Onion into thin toothpicks.

Heat 1 tablespoon Olive Oil in a medium saute pan, over medium-high heat.

Cook the Onions, stirring occasionally, until browned in spots (about 5–7 minutes).

Stir in the Beef, stirring occasionally, until browned (4–6 minutes).

Add the Red Bell Peppers, Diced Tomatoes, and Mushrooms, and Cauliflower.

Continue to stir occasionally for another 2-3 minutes.

Add a pinch of Salt and remove from heat.

### Warm the Stuffed Peppers

Orient and arrange the Green Bell Peppers on the oven sheet pan, so that you have 4 open Bell Pepper bowls.

Carefully spoon the Beef Filling into each Bell Pepper Bowl.

Carefully set the oven sheet pan onto the center oven rack to keep warm.

### Make Cheese Sauce

Set the saucepan on medium-low heat.

Add the Butter and stir until melted.

Add the Chicken Stock, scraping up any browned bits from bottom of the pan.

Reduce the heat to low.

Stir in the Garlic and the Cream Cheese. Mix until the Cream Cheese is fully melted and integrated into the other ingredients.

Add the Heavy Cream and stir together.

Add a couple of scoops of the Cream Cheese Sauce into a small bowl. Add the Egg Yolk and mix together until fully integrated.

Add the Yolk and Cheese mixture, back into the saute pan. Mix well, ensuring that it does not boil.

Add the Shredded Cheese and mix again, until fully integrated.

Remove from the heat.

Remove the Stuffed Peppers from the oven. Serve two Stuffed Bell Pepper halves on each plate.

Drizzle liberally with the Homemade Cheese Whiz and sprinkle with Diced Avocado.