



## **STUFFED BELL PEPPERS WITH GOAT CHEESE**

### **MAKES 4**

### **INGREDIENTS**

2 large or 4 small bell peppers

for the Bolognese sauce:

1 lb grass-fed ground beef

1 tbsp ghee

18.3 oz (520g) crushed tomatoes

7 oz (200g) tomato paste

1 small onion, diced

1 clove garlic, minced

1 tsp Italian seasoning

1 tsp sea salt

pepper

4 oz goat cheese (this item is not SCD legal. To make it SCD legal, use Parmesan or Emmentaler instead)

## **INSTRUCTIONS**

For the Bolognese sauce:

Add the ghee to a large skillet and melt on high heat. Add the onions and fry until they turn translucent. Add garlic and cook for two more minutes.

Add the ground beef and break apart while frying until the meat is fully cooked.

Add the canned tomatoes, sea salt, and Italian seasoning. Cook for 30 more minutes, stirring occasionally.

For the bell peppers:

Halve the large bell peppers with a sharp knife or cut open the top of the small bell peppers and remove the seeds. Place the bell peppers on a rimmed baking sheet lined with parchment paper.

Fill the bell peppers with Bolognese sauce and cover generously with the cheese.

Bake the bell peppers at 350° F / 180° C in the middle of the oven for about 30 minutes until the bell peppers are soft.

Guten Appetit!