



ITALIAN BEEF STUFFED PEPPERS

sautéed green beans with almonds

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 740	NET CARBS PER SERVING 12 GRAMS	MENU KETO // GLUTEN-FREE
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This take on classic Italian-style stuffed peppers is cheesy and loaded with a savory beef filling—just the way we like it. Here, ground beef is cooked with tomato paste and cream cheese for rich, tangy flavors, then piled into red bell pepper halves, sprinkled with Parmesan, and roasted to a melty finish. Tender sautéed green beans with crunchy almonds make the perfect accompaniment.

INGREDIENTS (8 ITEMS)

- 1 unit **Red bell pepper**
- 6 oz **Green beans**
- ½ oz **Roasted almonds** T
- 10 oz **Ground beef***
- ¾ tsp **Italian herb & red pepper blend**
- 1½ oz **Tomato paste**
- 1 oz **Cream cheese** M
- 1 oz **Parmesan cheese** M

WHAT YOU'LL NEED

- medium & large sauté pans
- baking sheet
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (almonds)
- M MILK

CUSTOM CHEF

If you chose to modify your meal, follow the Custom Chef instructions on the flip side of this card.

↻ 10 oz **Organic ground beef***
Calories: 740 Net Carbs: 12 grams

*Ground beef is fully cooked when internal temperature reaches 160°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

Validate
Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

1 PREP

- Preheat oven to 425 degrees.
- Halve **red bell pepper*** lengthwise. Discard seed pod and stem.
- Trim stem ends off **green beans**. Halve widthwise.
- Roughly chop **roasted almonds**.

*The ingredient you received may be a different color.

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 SEASON & ROAST BELL PEPPER

- Place **bell pepper halves**, cut sides down, on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Lightly season with salt and pepper. Rub to coat.
- Roast 10-12 minutes, or until just tender.

3 MAKE FILLING

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **ground beef** to hot pan. Season with **Italian herb and red pepper blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until fully cooked, breaking up **beef** into pieces.
- Add **tomato paste**, **cream cheese**, and about ¼ cup water. Cook 2-3 minutes, or until tomato paste and cream cheese are incorporated, stirring occasionally.

🔄 Swap in **organic ground beef** for ground beef.

4 STUFF BELL PEPPER

- Flip **bell pepper halves**. (**Careful! Baking sheet is hot!**) Spoon **beef filling** into each half.* Sprinkle **Parmesan cheese** over top.
- Roast 3-4 minutes, or until cheese melts.

*If there's extra filling after stuffing the bell pepper halves, reserve it in the pan for Step 6.

5 SAUTÉ GREEN BEANS

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **green beans** and **almonds** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until green beans are tender, stirring occasionally.

6 PLATE YOUR DISH

- Divide **Italian beef stuffed peppers** and any extra **filling** between plates. Serve **sautéed green beans with almonds** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (368g)

Amount per serving

Calories 740

	% Daily Value*
Total Fat 59g	76%
Saturated Fat 15g	75%
Trans Fat 1g	
Cholesterol 115mg	38%
Sodium 880mg	38%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 292mg	20%
Iron 5mg	30%
Potassium 1070mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Ground Beef [beef], **Tomato Paste** [tomato paste, citric acid], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Bell Peppers**, **Green Beans**, **Almonds** [almonds], **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder)

Allergen information:

Contains Tree Nuts And Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.