



Beef Sautéed with Green Bell Pepper and Onions Topped with Cheese



6g
Net Carbs

INGREDIENTS

- 1/4 cup chopped Onions
- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup chopped Green Sweet Pepper
- 1/2 cup shredded Cheddar Cheese
- 5 ozs Ground Beef (80% Lean / 20% Fat)

DIRECTIONS

1. Sauté ground beef in a skillet over medium-high heat with small amount of cooking oil for 1-2 minutes. Add green bell pepper and white onions.
2. Sauté until beef is browned and the peppers and onions are soft. Add salt and pepper to taste.
3. Drain off any excess fat and put onto a serving plate. Sprinkle cheese on top and allow to melt. Serve immediately.