



## **Cashew and Beef Stuffed Bell Peppers**

**Serves 6**

2 pounds lean beef (round or loin cut), thinly sliced  
1 Cup carrots, peeled, julienne cut  
1 Cup sugar peas  
1 Cup celery, thinly sliced  
½ Cup onion, minced  
1 Cup cashews  
3 garlic cloves, minced  
1 Cup bean sprouts  
1 Tbsp freshly grated ginger  
3 Bell peppers cut lengthwise, hollowed out  
Extra virgin olive oil  
Salt and freshly cracked pepper

1. In a large sauté pan and just enough oil to lightly coat the bottom of the pan.
2. Add the onion, garlic, carrots, and celery. Sauté until fragrant. (About 5 minutes)
3. Add sliced beef and cook for about 10 minutes.
4. Add the sugar peas, bean sprouts and cashews. Sauté for about 1 minute.
5. Spoon mixture evenly between the 6 bell pepper halves.
6. Place on a baking sheet and bake in a 350-degree oven for approximately 25 minutes.
7. Serve with rice or noodles. ENJOY!

### **Nutritional Analysis**

Serving Size: ½ stuffed bell pepper half and ½ cup rice

|               |       |
|---------------|-------|
| Calories      | 707   |
| Total Fat     | 41g   |
| Saturated Fat | 11g   |
| Carbohydrate  | 45g   |
| Cholesterol   | 71mg  |
| Sodium        | 311mg |
| Protein       | 42g   |

### **Diabetic Exchanges:**

|               |   |
|---------------|---|
| Protein       | 6 |
| Fat           | 8 |
| Carbohydrates | 3 |