

Keto Korean Beef and Cheese Stuffed Peppers

These savory Korean-inspired stuffed peppers are the perfect keto-friendly snack, combining the richness of beef and cheese with a hint of spice.



Snack

Korean

30 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 bell pepper
- 100g ground beef
- 1/4 cup shredded cheese
- Korean hot sauce (optional)
- Salt and pepper to taste

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut the top off the bell pepper and remove the seeds and membrane.
- 3 In a skillet, cook the ground beef until browned. Season with salt and pepper.
- 4 Stuff the bell pepper with the cooked beef and top with shredded cheese.
- 5 Place the stuffed pepper on a baking sheet and bake for 15-20 minutes, or until the cheese is melted and bubbly.
- 6 Drizzle with Korean hot sauce if desired before serving.