

Cashew and Beef Stuffed Bell Peppers



Recipe Courtesy Chef Bryan Woolley

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!
8. Serves 6.

Nutritional Analysis

Serving Size: 1/6th recipe or one stuffed bell pepper half and ½ cup rice

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

Diabetic Exchanges

Protein	6
Carbohydrate	3
Fat	8

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