

Breakfast - Paleo

Breakfast Stuffed Peppers



SERVES: 4 PREP: 15 min. COOK: 50 min.

Ingredient

4 bell peppers, sliced in half, core and seeds removed

8 eggs, beaten

1 cup mushrooms, sliced

1 onion, diced

3 cups baby spinach

1 tomato, diced

½ tsp. garlic powder

Bacon, ham, and/or sausages, pre-cooked (optional)

1 tbsp. cooking fat

Sea salt and freshly ground black pepper

Preparation

1. Preheat your oven to 375° F.

2. Melt some cooking fat in a skillet placed over a medium heat.

3. Sauté the onion until soft, about 4 minutes, then add the mushrooms and tomatoes and cook about 2 minutes.
4. Add the spinach and cook until wilted, about 1 or 2 minutes.
5. Season to taste with salt, pepper, and garlic powder.
6. Divide the vegetable mixture equally among the bell pepper halves.
7. Top off each bell pepper half with some of the beaten eggs, and add the meat of your choice, if using.
8. Place the stuffed peppers in the oven, on a baking sheet, and bake for 40 minutes.