

French Dip Bell Peppers

An easy, low carb dinner or lunch that is high protein. This meal cooks in your slow-cooker and reheats *perfectly*.

If you love a classic french dip, you will love this version that is few ingredients & quick & easy to make.

This makes 3 meals (2 pepper halves per meal) and is great for meal prep.

INGREDIENTS:

- 3 bell pepper, halved & seeded
- 1 onion, cut to thin strips
- 16 oz deli roast beef, chopped
- 2 cups beef broth
- 3 slices provolone cheese

How To Make

Place onion in bottoms of slow cooker and add broth to pot. Place bell peppers in pot. Fill with chopped roast beef & place lid on slow cooker. Cook on high for 2-3 hours or until peppers and onions have softened.

Top each pepper half with half slice of cheese. Let cook additional 10 minutes. Remove peppers, top with onions, & broth & enjoy!



MACROS:

Serving size - 2 pepper halves

- 417 calories
- 17g Fat
- 19g Carbs
- 40g Protein

BALANCE
by Hilary