

RECIPE | PEPPERS



# KETO MASH STUFFED PEPPERS



[PURE-FLAVOR.COM](https://www.pure-flavor.com)

# KETO MASH STUFFED PEPPERS



**50 min**

**10 min** | **40 min**  
PREP. | COOKING



**6**



**easy**

## INGREDIENTS

- 6 ct** Pure Flavor® Sweet Bell Peppers
- 3** celery roots
- 3 cups** vegetable broth
- 1 cup** cheddar cheese, shredded
- 6 tbsp** garlic, minced
- 6 tbsp** olive oil
- 1 tsp** salt
- Parsley, for garnish

## DIRECTIONS

- 1** Preheat the oven to 375°F.
- 2** Peel the celery root's outer skin and cut into cubes.
- 3** Heat olive oil over medium-high heat and sauté the celery root until golden brown for 10 minutes.
- 4** Add garlic & broth and simmer for 20 minutes.
- 5** Place in the food processor, add salt, and process for about a minute until blended.
- 6** Slice the tops of the peppers off and remove the seeds.
- 7** Fill each pepper with the celery root mixture and top with cheese. Bake for 10 minutes and garnish with parsley to serve.