



RECIPE | PEPPERS

KETO MASH STUFF PEPPERS



10 min
PREP.



6



easy

50 min

40 min
COOKING

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.