



## Wild Game and Black Bean Stuffed Bell Peppers (with Goat Cheese)

### Ingredients

- 6 oz ground wild game (i.e., bison, kangaroo, elk, etc)
- 1/2 cup black beans
- 2 bell peppers
- 4 tbsp pico de gallo, salsa, or diced tomato
- 2 tbsp goat cheese crumble
- Pinch of fresh parsley; diced red onions
- Seasonings: garlic, onion powder,
- Optional additional carbs: 1/4 cup brown rice
- Fruit (optional): fresh pineapple and mango slices



### Directions

1. Set oven to 405F.
2. Cut tops off bell peppers and remove the seeds inside.
3. Spray a baking sheet and place the bell peppers on the sheet with the open-side facing down. Bake for 10-12 minutes.
4. Lightly spray a skillet with Kelapo Coconut Oil and place on medium heat. Add the diced onions.
5. Add ground wild game meat to the skillet. When the meat is nearly finished, add in beans, fresh parsley, 2 heaping tbsp of pico de gallo, salsa, or diced tomatoes. Mix with a spatula.
6. Remove the bell peppers from the oven and flip them over. Add in game and beans mixture. Top with goat cheese (or low fat mozzarella cheese) and fresh parsley (if desired)
7. Bake in the oven for 8-10 minutes.

### Nutritional Facts

(without fruit and optional ingredients, using 6 oz ground kangaroo)

Calories: 355

Protein: 49 g protein,

Carbs: 44 g carbs (23 g carbs from beans)

Fat: 5 g fat