

Post-Workout Meal: Stuffed Peppers



Nutrition Facts

Amount per serving

Calories	632 kcal
Protein	42.5g
Carbohydrate	87.6g
Fat	13.5g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 2 Paprikas
- 150g Ground beef (low-fat)
- 80g Basmati rice
- 100g Tomato sauce
- 5ml Olive oil
- Oregano
- Paprika powder
- Garlic powder
- Salt
- Pepper

Preparation:

Boil basmati rice in 160 ml of salted water (ratio 2:1) for about 12 minutes (until the water is gone). Roast ground beef for about 12-15 minutes (low heat) and flavor it with a bit of salt, pepper, paprika powder, garlic powder and oregano. Afterwards add tomato sauce and olive oil and boil it for another 2-3 minutes. Mix ground beef and basmati rice. Slice the paprika and fill it with the ground beef and basmati rice mix. Cover the paprikas again and put it into the pre-heated oven (180° Celsius) for about 30 minutes. Enjoy and stay fit!