

[Philly Cheese Style Stuffed Peppers](#)
From the website "The Skinny-ish Dish"

Prep Time: 20 minutes
Cook Time: 40 minutes
Total Time: 1 hour
Servings: 6

1 lb. extra lean ground beef, 95% lean, raw
2 tsp olive oil
8-ounce pkg white mushrooms minced, minced, and minced some more
1 medium red onion chopped
4 medium bell peppers 1 pepper chopped, 3 peppers cut in half, destined and deseeded
2 tbsp all-purpose white flour
1-1/4 cup beef broth, low sodium 1/4 cup reserved for later
2 tbsp Worcestershire sauce
1 tbsp hot sauce
1/2 tsp oregano
1/2 tsp all-purpose seasoned salt
2 oz light cream cheese
Kosher salt & pepper to taste
cooking spray
2/3 cup Colby Jack cheese made with 2% milk shredded

Instructions

1. Preheat oven to 400 degrees.
2. In a large skillet over medium heat, add ground beef, season with a pinch or two of kosher salt and pepper. Break up with a spatula and continue to cook until browned. Remove from skillet and set aside.
3. In the same skillet add olive oil, diced onion, mushrooms, and peppers. Season them with a little kosher salt and pepper while cooking. Cook for about 3 minutes or until the mixture is very soft.
4. Add the beef back into the skillet with onions, mushrooms, and peppers. Stir together and sprinkle with flour. Stir to coat the mixture for about 30 seconds.
5. Add in 1 cup beef broth, Worcestershire sauce, hot sauce, oregano, seasoned salt, and cream cheese. Stir together until everything is combined and the cheese is melted. Salt and Pepper to taste.
6. Slice 3 peppers in half lengthwise, clean out seeds and such, spray peppers with cooking spray, and sprinkle a little salt and pepper on each. In your 9×13 baking dish, add 1/4 cup of beef broth, then place pepper halves inside.
7. Stuff each pepper half with Philly Cheese mixture (about 2/3 cup), top evenly with shredded cheese, then spray the cheesy top of each pepper with cooking spray. Cover the dish with tin foil.
8. Place in oven, covered, for 30 minutes. Then uncover, and bake for about ten more minutes.
9. EAT AND ENJOY!