



Smashburger Sauce - Kitchen Cheatsheet

Ingredient Notes

- Save time chopping your vegetables by using pre-cut or frozen options.
- I like to use 80/20 beef for cooking because it's budget-friendly and has great flavor. If you are using leaner beef, you may need to add a splash of oil during the browning process.
- Are you having trouble getting your beef into small enough pieces? Pick up a meat chopper or ground beef smasher from your local store. It's one of my favorite kitchen tools.

FAQ's

Can I Make This Recipe Ahead of Time?

Absolutely! Stuffed bell pepper casserole is great for meal prep. You can assemble the dish ahead of time and refrigerate it for up to 24 hours before baking. Just be sure to cover it tightly with aluminum foil or plastic wrap. When you're ready to bake, it may need a little extra time in the oven if it's chilled.

What Side Dishes Go Well With This Recipe?

This hearty casserole is practically a meal on its own, but if you'd like to pair it with something light, consider a crisp green salad, roasted vegetables, or a slice of crusty bread.

Tips

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Freezer Meal Prep

Freezing this casserole is a total game-changer for busy weeknights! Once the casserole has cooled completely, cover it tightly with aluminum foil or a freezer-safe lid. Don't forget to label it with the date—trust me, it's easy to forget how long it's been in there. And, store it in the freezer for up to three months. Make sure to thaw it overnight in the fridge before reheating.

Variations

- If you don't have ground beef on hand, try substituting with ground turkey, chicken, or pork.
- You can also add more vegetables, such as mushrooms or zucchini, for added flavor and nutrition.
- Want to make it spicy? Add some red chili flakes or hot sauce to the mixture before baking.
- For a twist on the classic recipe, experiment with different types of cheese, such as cheddar, pepper jack, or even a Mexican blend.

Find the complete recipe here: <https://bowl-me-over.com/stuffed-bell-pepper-casserole/>