



## CAULIFLOWER RICE-STUFFED PEPPERS

Intermediate Lifestyle

### INGREDIENTS

4 large bell peppers (about 2 pounds)	½ cup chopped onion
2 cups small cauliflower florets (or 1 cup already-riced cauliflower)	1 pound lean ground beef
2 TBS extra-virgin olive oil, divided	2 cloves garlic, minced
Pinch of salt plus ½ TSP, divided	½ TSP dried oregano
Pinch of ground pepper plus ¼ TSP, divided	1 (8 ounce) can no-salt-added tomato sauce
	½ cup (8 TBS) shredded part-skim mozzarella

### INSTRUCTIONS

—Preheat oven to 350°F.

—Slice off stem ends of bell peppers. Cut the flesh from the stem and chop. You should have about 1 cup. Scoop out seeds from pepper cavities. Bring about an inch of water to a boil in a large pot fitted with a steamer basket. Steam peppers until they start to soften, about 3 minutes. Remove peppers from pot and set aside.

—Pulse cauliflower in a food processor until broken down into rice-size pieces. Heat 1 TBS oil in a large skillet over medium heat. Add the cauliflower rice and a pinch each of salt and pepper. Cook, stirring, until softened and starting to brown, about 3 minutes. Transfer to a small bowl.

—Wipe out the pan. Add remaining 1 TBS oil, the chopped bell pepper and onion. Cook, stirring, until starting to soften, about 3 minutes. Add beef, garlic, oregano and remaining ½ TSP salt and ¼ TSP pepper. Cook, stirring and breaking up the beef with a wooden spoon just until no longer pink, about 5 minutes. Add tomato sauce and cauliflower rice; stir to coat.

—Place peppers upright in an 8-inch square baking dish. Fill each pepper with a generous 1 cup of the cauliflower rice mixture. Top each pepper with 2 TBS cheese.

—Bake until the filling is heated through and the cheese is melted, 20 to 25 minutes.

**SERVING INFO:** (Serves 4) - 1 stuffed pepper = 1 P, 1 ½ V, ½ M, ½ FT

See photo of recipe at [Instagram](#) and [Facebook](#).