

Cauliflower Rice Stuffed Peppers



INGREDIENTS:

- 1 medium head cauliflower, grated in "rice"
- 1 tbsp of olive oil
- 3 cloves of garlic minced
- 1 cup of diced red, white, yellow, or green onion
- 1 pinch of sea salt and black pepper
- 4 large red, yellow, or orange bell peppers, halved, seeds removed
- 15 ounce can of black beans, drained
- $\frac{2}{3}$ cup salsa
- 2 tsp of cumin powder
- 2 tsp of chili powder
- $\frac{1}{4}$ tsp of lime juice
- $\frac{1}{2}$ cup of low fat mozzarella

Toppings:

Cilantro, chopped

INSTRUCTIONS:

1. Preheat oven to 375° F and set out 9 x 13 baking dish or rimmed baking sheet.
2. Brush pepper halves with olive oil.
3. Shred cauliflower with a box grater.
4. Heat a large, rimmed skillet over medium heat
5. Once heated up, add oil, garlic, onion, salt, pepper and sauté for one minute, stirring frequently. Add in ground beef and cook until it's no longer pink, about 5-7 minutes.
6. Add cauliflower rice and stir to coat in the mixture. Place a lid onto the pan to steam the rice.
7. Add black beans, salsa, cumin powder, chili powder, lime juice, salt, and pepper to the cauliflower rice.
8. Generously stuff pepper halves until all the peppers are full. Top with mozzarella cheese and cover dish in tin foil.
9. Bake for 30 minutes, then removed the foil and bake for another 15-20 minutes uncovered.
10. Top with cilantro and enjoy.

