



Sloppy Jane Stuffed Peppers



1/4th of recipe (1 stuffed pepper): 278 calories, 5.5g total fat (2g sat. fat), 423mg sodium, 28.5g carbs, 7g fiber, 18g sugars, 28.5g protein

Prep: 10 minutes **Cook:** 30 minutes

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Ingredients

4 large red bell peppers (look for peppers that sit flat when stem ends are up)
2 1/2 cups roughly chopped cauliflower or 1 3/4 cups [cauliflower rice](#)
1 1/4 cups canned crushed tomatoes
2 tbsp. tomato paste
1 tbsp. Worcestershire sauce
1 tbsp. honey
1 tbsp. red wine vinegar
1 tsp. molasses
1/4 tsp. each salt and black pepper
1 lb. raw extra-lean ground beef (4% fat or less)
1 cup chopped onion

Directions

Preheat oven to 350 degrees.

Carefully slice off and discard stem ends of bell peppers, about half an inch from the top. Remove and discard seeds. Place peppers cut-side up in a deep 8" X 8" baking pan. If they don't sit flat, gently lean them against the pan sides.

Bake until soft, 25 - 30 minutes.

Meanwhile, if starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-sized pieces, working in batches as needed.

In a medium bowl, combine crushed tomatoes, tomato paste, Worcestershire sauce, honey, red wine vinegar, molasses, and 1/8 tsp. each salt and black pepper. Mix until uniform.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with remaining 1/8 tsp. each salt and black pepper. Cook and crumble for 4 minutes.

Reduce heat to medium. Add cauliflower rice and onion. Cook and stir until beef is fully cooked and veggies have softened, about 5 minutes.

Reduce heat to low. Add tomato mixture, and cook and stir until hot, about 3 minutes.

Blot away excess moisture from bell peppers. Evenly distribute filling among the peppers.

MAKES 4 SERVINGS

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