



## 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

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



### 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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