



Unstuffed Pepper Casserole



1/4 of casserole: 310 calories, 12g total fat (6g sat. fat), 594mg sodium, 16g carbs, 5g fiber, 7.5g sugars, 35g protein

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Prep: 10 minutes **Cook:** 35 minutes



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Ingredients

- 2 1/2 cups frozen riced cauliflower, thawed and drained
- 1 cup canned crushed tomatoes
- 1 cup shredded reduced-fat Mexican-blend cheese, divided
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 lb. raw extra-lean ground beef (at least 95% lean)
- 2 cups chopped bell peppers
- 1/2 cup chopped onion
- 1 1/2 tsp. ground cumin
- 1/4 tsp. salt

Directions

Preheat oven to 375°F. Spray an 8" X 8" (or similar size) baking pan with nonstick spray.

In a large bowl, combine cauliflower, crushed tomatoes, 1/2 cup cheese, garlic powder, and onion powder. Mix well.

Spray a skillet with nonstick spray, and bring to medium-high heat. Add beef, peppers, onion, cumin, and salt. Cook, stir, and crumble until beef is fully cooked and veggies have softened, about 8 minutes.

Using a slotted spoon, transfer skillet contents to the large bowl. Mix thoroughly.

Transfer mixture to the baking pan, and smooth out the top. Top with remaining 1/2 cup cheese.

Bake until hot and bubbly, about 20 minutes.

MAKES 4 SERVINGS

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