

UNSTUFFED PEPPERS



SERVING SIZE

2



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Green and Red Bell Peppers	1 Cup	Flat Leaf Parsley	
Ground Beef	8 Oz.	Cauliflower Rice	2 Cups
Leeks	½ Cup	Salt and Pepper	To Taste
Garlic Cloves	2	Crushed Red Pepper - Alternatives	To Taste
Cann if Crushed Tomatoes	8 Oz.	Paprika, Cayenne or Aleppo Pepper	
Tomato Paste		Olive Oil	2 Tsp.



PREPARATION

- Dice the green and red bell peppers, finely chop the leeks, and mince the garlic cloves.
- In a large skillet over medium heat, add the olive oil. Once the oil is hot, add the ground beef. Cook, breaking it up with a spatula, until it's browned and cooked through.
- To the same skillet, add the chopped leeks, garlic, and diced bell peppers. Sauté them for about 5 minutes or until they begin to soften.
- Stir in the tomato paste and crushed tomatoes. Allow the mixture to simmer for 5-10 minutes to combine the flavors.
- Season the mixture with salt, pepper, and crushed red pepper to your preferred level of spiciness.
- Add the cauliflower rice to the skillet and stir well. Continue to cook for 5-10 minutes, or until the cauliflower rice is tender but not mushy.
- Before serving, sprinkle the chopped fresh parsley over the unstuffed pepper mixture.
- Spoon the unstuffed peppers onto plates and enjoy your low-carb and nutritious meal.