



LOW-CARB GOULASH

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

This recipe is a really good and quick, one pot meal! Our daughter loved it. Not only did she say it made the house smell great, but also said it tasted like something from Olive Garden. That's high praise from a teenager. This recipe was created for maintenance, but it can be adapted.
Makes 4-5 servings. If you eat a cup of salad on the side, then there are 6 servings in this recipe, covering protein and vegetables for one serving.



Ingredients

- 1-1/2 lbs. grass-fed ground beef
- 3/4 cup green bell pepper
- 1/3 cup chopped onion
- 2-3 tsp. minced garlic
- 2-1/2 to 3 cups cauliflower florets (1/2 inch or smaller)
- 1 14-oz can diced tomatoes (can use Italian diced, drain & save juice)
- 1-14oz can filtered water
- 1 Tbs. tomato paste
- Pink Himalayan salt and fresh-ground pepper to taste
- *Parmesan or Asiago Cheese (maintenance only)*



Instructions

Brown the ground beef in a large stainless-steel pan on one side. Turn beef to brown on other side and add peppers, onion and garlic. Sauté until vegetables are tender.

Add cauliflower, tomato juice and water. Cover and simmer until cauliflower is tender, about 5 minutes. Uncover and simmer a few minutes to reduce the liquid.

Add tomato paste and tomatoes.

*If you are able to have dairy, shred some parmesan or asiago cheese on top.