

STUFFED PEPPER SKILLET

By Dr. Cindy Tanzar
(Maintenance Plan)

For an easy one-pot meal, this recipe has a lot of flavor. It's great for the whole family and any leftovers freeze well. This is a maintenance recipe, so there are no specific recommendations on serving size. Just be reasonable and stick close to your previous recommendations.



INGREDIENTS

- 2 tbsp avocado oil, divided.
- 2 lbs. ground beef
- Pink Himalayan salt and black pepper, to taste
- 1 red Bell pepper, diced
- 1 yellow Bell pepper, diced
- 1/2 yellow onion, diced
- 3 cloves, garlic, minced
- 1 cup chicken or beef broth



1 cup tomato sauce
15 oz. can diced tomatoes
2 tbsp tomato paste
1/2 tsp dried thyme
10-12 oz. frozen cauliflower rice, thawed
2/3 cup mozzarella cheese (plus more, if desired)

INSTRUCTIONS

Heat an extra-large skillet or pot to medium heat and add a tablespoon of avocado oil, the ground beef, salt and pepper. Cook until browned, then remove and set aside.

Add the other tablespoon of avocado oil, peppers, and onion. Sauté for a few minutes until soft, then add the garlic, sautéing for one minute.

Add the chicken broth, tomato sauce, diced tomatoes, tomato paste, and dried thyme. Stir until well combined then add the ground beef, simmering for 10 minutes partially covered and stirring occasionally.

Remove any excess liquid from the cauliflower rice and add to the mixture. Cook for five minutes, uncovered. Adjust seasonings. Remove from heat. Top with the shredded mozzarella cheese and let melt. You can always add more cheese to your own dish, if you like.