

Creamy Mushroom Beef with Cauliflower Rice

<http://samanthaelaine.net>

Serves 4

Ingredients:

- 2 tsp canola oil, divided
- 1 ½ cups riced cauliflower
- 1 onion, diced
- 2 garlic cloves, minced
- 1 cup crimini mushrooms, diced
- 1 lb ground beef
- 1 cup cooked brown rice
- ½ cup beef broth
- ½ cup frozen peas, thawed
- ¾ cup nonfat Greek yogurt *
- 1 cup shredded mozzarella cheese *



Directions:

1. In a large saute pan, heat 1 tsp oil over medium heat. Add the cauliflower rice and cook about 5 minutes, stirring continuously. Remove from pan and set aside.
2. In pan, heat other tsp oil over medium heat. Add onion and garlic, and let cook about 2 minutes, until translucent. Add mushrooms and continue to cook about 5 more minutes, until all the vegetables have taken on a nice brown color.
3. Add ground beef to the pan and crumble while cooking, stirring continuously. When it is browned through, remove pan from heat and drain away fat.
4. Preheat broiler to high. Return pan to heat and add in cauliflower rice, brown rice, broth and peas. Bring to a simmer and turn off heat. Stir in yogurt until mixed thoroughly, and then top the contents of the pan with shredded cheese.
5. Place under broiler and let cook about 5-10 minutes, until browned and bubbly. Garnish with parsley and serve.

*If dairy-free, please use dairy-free cheese and yogurt.