



# Cauliflower Rice Stuffing Cups

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Makes 15 servings  
Serving Size: 1 stuffing cup  
Protein per serving: 0.6 g  
Calories: 26 calories

## Ingredients

- 2 tsp Olive Oil
- 3 TBSP Small Diced Raw Onions
- 3 TBSP Small Diced Celery
- 2 clove(s) Garlic, minced
- 340 g Riced Veggies, Cauliflower such as Green Giant
- 1/4 c Vegetable Broth
- 1/2 tsp Cambrooke Chicken-Flavored Consomme & Seasoning, dry
- 2 TBSP Cambrooke Chicken Patty Mix
- 1 1/2 tsp Italian Seasoning
- 1/4 c Low protein bread crumbs, I used Cambrooke's
- 1 tsp Salt
- 1/2 tsp Black Pepper

## Directions

1. Preheat oven to 350 degrees and spray a mini cupcake pan with cooking spray. Heat the olive oil in a medium skillet over medium heat. Add the onions and celery and saute for two to three minutes. Add the minced garlic and saute for one more minute. Add the riced cauliflower, vegetable broth, and consomme mix. Cook, stirring occasionally, until all liquid is absorbed. Remove pan from heat.
2. Add Cambrooke's chicken patty mix and bread crumbs to the skillet with the cauliflower mixture. Gently toss to coat. Using a cookie scoop fill the cavities of the mini cupcake pan. Bake for 20 minutes until the cups are firm. Remove from oven and allow to cool for 5 minutes. Gently use a knife to remove from the pan and serve immediately.

**Notes:** To save time you can cook the cauliflower rice as in step 1 a day ahead of time. Then the day of you can briefly heat up the cauliflower mixture in skillet or microwave and continue through step two.