

## INGREDIENTS

Servings: 4

### Smoky-Sweet Marinade

- 1/4 cup olive oil
- 1/4 cup maple syrup
- 1/4 cup soy sauce
- 1 teaspoon smoked paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- salt and black pepper (to taste)

### Bowls

- 16 ounces fresh mushrooms, washed and cut into thick-ish slices
- 2 cups fresh pineapple chunks
- 2–3 bell peppers
- rice or cauliflower rice
- kale pesto, magic green sauce, or any other yummy sauce

## INSTRUCTIONS

1. Cook meat of choice in crock pot on low for 8 hours or high for 4 hours or cook according to Instant Pot directions. Season with basil, smoked paprika, garlic powder, onion powder, and black pepper.
2. Whisk or shake the marinade in a jar until combined.
3. Place mushrooms in a shallow bowl. Cover with enough marinade to get some flavor on each of the mushroom pieces (you might have some marinade left – that's okay, you can use it later in this recipe, or save for next week's bowls).
4. Preheat oven to 450 degrees. Let the mushrooms rest for 20-30 minutes while you prep other ingredients, including your sauce! Place peppers, pineapple, and mushrooms with marinade each on their own sheet pans. Bake for 20-or-so minutes, rotating pans as needed, until you get some nice browning on everything (peppers will roast a few minutes faster). You can use the broiler to help with the browning as needed.
5. Serve in a bowl over rice or cauli rice. Top with your sauce (yeah kale pesto)! You can also put all this yumminess in a wrap or on a salad.

\*\*Kale Pesto: Blend kale, 1 2 TBS olive oil, 4 TBS red wine vinegar, fresh garlic, and Italian seasoning.

\*\*I stir fried my cauliflower rice in low-sodium chicken broth and added a TBS or liquid aminos and avocado oil. Added onions and garlic and let brown before adding rice. Cooking on medium-high heat.