

Cauliflower Spanish Rice

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Servings: 3 cups rice

Ingredients

1 large Head of Cauliflower*

1 Tbsp Olive or Avocado Oil

1/2C diced onions

3 cloves minced garlic

1 tsp cumin

1 tsp salt, more to taste

2 Tbsp tomato paste

1/4-1/2C vegetable or chicken broth

Fresh cilantro for garnish (optional)



Instructions

1. Cut your cauliflower in half and in half again. Remove stem and discard. Chop the head of the cauliflower into chunks (1-2 inch pieces). Place inside a food processor and pulse. You probably need to do this in 2-3 batches. Between each batch, remove and set aside.
2. Heat up a large skillet to medium heat. Add onion and saute for 3 minutes, then add garlic and saute another 1-2 minutes.
3. Add in riced cauliflower, salt, and cumin. Stir around the veggie mixture to coat.
4. Add in tomato paste, then 1/4 cup broth, and bump up heat to medium high. continue to stir around until the tomato paste dissolves in the mixture. If the mixture is too dry, add in more broth by the tablespoon. If the mixture is slightly wet, continue to cook until the liquid dissolves.
5. Serve hot with garnished cilantro and added salt to taste.

Recipe Notes

*You can also use the 12 oz bag of frozen Trader Joe's riced cauliflower in place of the head of cauliflower.