

DIRTY CAULIFLOWER RICE

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

Louisiana dirty rice is a flavor bomb traditionally made with white rice that gets its “dirty” color from being cooked with pork, beef or chicken, vegetables and several different herbs and spices. This easy recipe is quite satisfying with possibilities for several variations. Don’t let the long list of ingredients scare you – they are mostly herbs/spices. You can sub the burger for six AlFresco Italian Chicken Sausages (casings removed and crumbled) or even part from tradition and reduce the bell pepper or celery by 1/2 cup, then add 1/2 cup diced tomato when you add the cauliflower rice. This recipe makes 4 equally-divided servings. One serving covers your protein and vegetable for one meal.



INGREDIENTS

- 1-2 Tbsp avocado oil
- 1 lb. grass-fed ground beef (or ground meat of your choice)
- 1 cup celery, small diced
- 1 bell pepper, small diced (green is traditional, but any color is fine)
- 1/2 cup onion, small diced
- 3 cloves garlic, minced
- 3/4 tsp paprika
- 1/4 tsp dried oregano
- 1/4 tsp dried thyme (or 3/4 tsp fresh)



1/4-1/2 tsp cayenne pepper, to taste
1-1/2 tsp Pink Himalayan salt (divided 1 tsp & 1/2 tsp)
1 tsp garlic powder (divided 1/2 tsp & 1/2 tsp)
1/4 tsp ground black pepper
1/4 cup chicken stock or water
12-oz frozen cauliflower rice
Optional: sliced green onions and chopped parsley (traditional)

INSTRUCTIONS

Heat a large heavy skillet over medium-high heat. Add the avocado oil and the ground beef, seasoning with 1 tsp of salt, pepper and 1/2 garlic powder. Brown the meat, caramelizing well, while breaking apart into smaller pieces.

After the meat is caramelized, reduce heat to medium and add the onion, pepper and celery, cooking for 5-7 minutes or until the veggies are tender. Add minced garlic, paprika, oregano, thyme and cayenne pepper – stir well and cook for one minute.

Add frozen cauliflower rice, chicken stock/water, 1/2 tsp salt and 1/2 tsp garlic powder. Stir to combine, loosening any browned bits from the pan to add to the “dirty rice” color.

Cook until rice is tender and liquid is mostly absorbed. If you like, top with sliced green onion and chopped parsley. Delicious!