



## SOUTHWEST CAULIFLOWER RICE

By Dr. Cindy Tanzar  
(Standard/Maintenance)

This recipe is a fun way to add variety and flavor to your cauliflower rice. It makes a perfect vegetable side to grilled meat, poultry or fish. The flavors are even better the next day, as they intensify and meld together. If you are on maintenance, you can always add some raw or organic shredded jack or cheddar cheese, too. Makes 7-8 servings. One serving of this recipe is one cup and covers your vegetable for one meal.



### INGREDIENTS

- 1 Tablespoon avocado or coconut oil
- 1 medium head cauliflower, riced (or 4 cups already riced)
- 1 small onion, diced
- 1 Bell pepper (green, red, yellow or orange), diced
- 2 garlic cloves, minced
- 1 jalapeno, minced, optional (seeded if you don't want it spicy)



1 tsp cumin powder  
1/2 tsp paprika  
1/2 tsp chili powder  
2 tomatoes, diced & seeded (can use approx. 15 grape tomatoes, seeded)  
Pink Himalayan salt & fresh ground pepper, to taste  
1/2 cup organic chicken or vegetable stock (no sugar)  
Chopped fresh cilantro or sliced green onions, to garnish

## INSTRUCTIONS

Heat the oil in a large pan over medium heat. Add the onion, garlic and jalapenos, sautéing until soft. Add Bell pepper, cooking another 2-3 minutes.

Add cumin, paprika, chili powder, salt & pepper, mixing well. Add diced tomatoes, cooking until they release their liquid. Then add chicken/vegetable stock and cauliflower. Sauté until cauliflower is tender and the liquid has mostly evaporated.

Serve with chopped cilantro or sliced green onion.

### NOTE:

If you like more spice, you can increase the cumin to 1-1/2 tsp and chili powder to 3/4 tsp. Also, add crushed red pepper, for a little more heat.