



## SPANISH CAULIFLOWER RICE

By Dr. Cindy Tanzar  
(Standard/Vegan)

Makes 6 servings. One serving is one cup cooked vegetables.



### INGREDIENTS

- 16 ounces cauliflower, riced
- 1 Tbs. coconut or avocado oil
- 1/3 cup organic tomato sauce
- 1/2 cup diced green pepper (optional)
- 1/2 cup diced onion (optional)
- 1/2 cup diced tomato (optional)
- 1/4 cup organic chicken or vegetable broth
- 1 tsp minced garlic
- 1 tsp onion powder
- 1/2 tsp ground cumin
- 1/2 tsp sea salt
- 1/4 tsp fresh-ground black pepper
- 1 Tbs fresh lime juice
- 1/4 cup cilantro, chopped (optional)



## INSTRUCTIONS

Cut cauliflower into florets and place in a food processor. Pulse until it is the size of rice. (Can use a cheese grater, if you don't have a food processor, or purchase it already riced at the store.)

Heat oil over medium heat in a large skillet. Add cauliflower, green pepper, and onion, sautéing for 5-7 minutes.

Stir in tomato sauce, tomatoes, broth, garlic, onion powder, cumin, sea salt and black pepper. Cover and cook for 5 to 10 more minutes, until tender.