



So-Good Sofritas Cauliflower Rice Bowl



Entire recipe: 334 calories, 11g total fat (2.5g sat fat), 685mg sodium, 36.5g carbs, 11.5g fiber, 11g sugars, 25.5g protein

Freestyle™ [SmartPoints®](#) value 1*

[SmartPoints®](#) value 4*

Prep: 15 minutes **Cook:** 20 minutes

Tagged: [Lunch & Dinner Recipes](#), [Meatless Recipes](#), [Single Serving](#)



Ingredients

Sauce

2 tbsp. chopped tomatoes
1 tbsp. chopped canned chipotle pepper (about 1 pepper, previously packed in adobo sauce) + 1 tsp. canned adobo sauce
1/4 tsp. chopped garlic
1/4 tsp. ground cumin
1/4 tsp. paprika

Bowl

2 cups roughly chopped cauliflower (or HG Alternative)
2 tbsp. chopped fresh cilantro
2 tsp. lime juice
1/2 tsp. ground cumin
1/4 tsp. chili powder
1/4 tsp. onion powder
1/3 cup chopped onion
1/3 cup chopped bell pepper
1/4 cup canned black beans, drained and rinsed
4 oz. block-style extra-firm tofu
Dash each salt and black pepper
2 tbsp. shredded reduced-fat Mexican blend cheese
Optional toppings: additional salt, salsa, light sour cream

Directions

Place sauce ingredients in a small blender or food processor. Add 2 tbsp. water, and blend until smooth.

Pulse cauliflower in a blender until reduced to rice-sized pieces.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add cauliflower, cilantro, lime juice, 1/4 tsp. cumin, 1/8 tsp. chili powder, and 1/8 tsp. onion powder. Cook and stir until cauliflower has mostly softened and lightly browned, about 5 minutes. Transfer to a medium bowl, and cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and return to medium-high heat. Add onion and bell pepper, and cook and stir until softened and slightly blackened, about 4 minutes. Add black beans and cook and stir until hot, about 1 minute. Transfer to the medium bowl, and re-cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and bring to medium heat. Sprinkle tofu with salt, black pepper, and remaining 1/4 tsp. cumin, 1/8 tsp. onion powder, and 1/8 tsp. chili powder. Cook and crumble until lightly browned, about 3 minutes.

Add sauce to the skillet. Cook and stir until hot and well mixed, about 1 minute.

Transfer to the medium bowl, and immediately top with cheese.

MAKES 1 SERVING

HG Alternative: Instead of blending 2 cups of roughly chopped cauliflower into rice-sized pieces, use 1 1/2 cups premade cauliflower rice or crumbles, like the kinds by Trader Joe's and Green Giant.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.

Publish Date: February 8, 2017

Author: Hungry Girl

Copyright © 2018 Hungry Girl. All Rights Reserved.