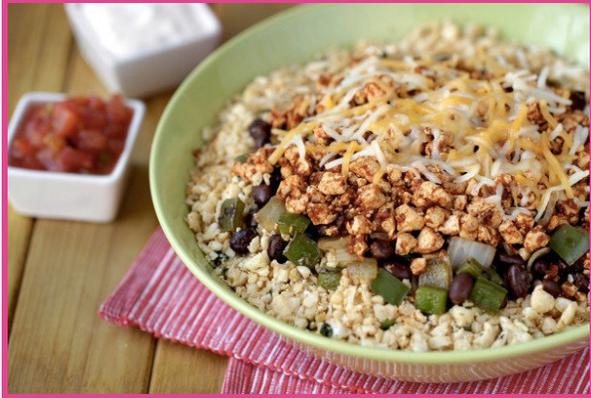




So-Good Sofritas Cauliflower Rice Bowl



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

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



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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.

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