



Zesty Spanish Cauliflower Rice



1/4th of recipe (about 1 1/3 cups): 100 calories, 0.5g total fat (<0.5g sat fat), 571mg sodium, 21g carbs, 6g fiber, 9.5g sugars, 5g protein

Freestyle™ SmartPoints® value 0*

Prep: 10 minutes **Cook:** 20 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

4 cups riced cauliflower (or 5 cups roughly chopped cauliflower)
1 cup chopped bell pepper
1 cup chopped onion
One 14.5-oz. can diced tomatoes (not drained)
1 cup chicken or vegetable broth
2 tbsp. tomato paste
1 tbsp. chopped garlic
1 tbsp. dried oregano
1 tsp. ground cumin
1 tsp. lime juice
1/2 tsp. chili powder
1/4 tsp. salt, or more to taste

Directions

If starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-sized pieces, working in batches as needed.

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Add pepper and onion. Cook and stir until softened, about 5 minutes.

Add remaining ingredients, including riced cauliflower, and mix well. Bring to a boil.

Reduce to a simmer. Cover and cook for 6 minutes.

Remove lid. Cook and stir until cauliflower is tender and liquid has evaporated, about 5 minutes.

MAKES 4 SERVINGS

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.