



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

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



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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

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