

Southwest Cauliflower Rice Bowl

2 Tablespoons olive oil
2 ½ cups frozen riced cauliflower
½ teaspoon salt
½ cup chopped red onion
½ cup chopped orange pepper
½ cup frozen corn
1 diced jalapeno pepper
1 teaspoon chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano
1 – 14 oz. can black beans, rinsed and drained
½ cup water
1 Tablespoon lime juice
1 cup finely shredded cheddar cheese
1 medium tomato, diced
Cilantro as a garnish



Heat one of the tablespoons of olive oil in a medium skillet. Add the frozen riced cauliflower and the salt, stirring to spread the heat evenly and to disperse the salt. Continue cooking over medium heat for 5 minutes, then split the cooked riced cauliflower between two large bowls.

Wipe out the skillet and heat the second tablespoon of olive oil, also over medium heat. Add the chopped red onion, chopped orange pepper, frozen corn, jalapeno pepper, chili powder, ground cumin, and dried oregano. Cook until the vegetables are softened (approximately 3-4 minutes) and add the black beans and water. Be sure the mixture is well combined, then allow it to simmer until it has thickened and all the water has been absorbed. Remove the skillet from the heat and mix in the lime juice. Divide the mixture between the two bowls, arranging it on the side of the riced cauliflower. Add the shredded cheddar cheese, the diced tomato, and the cilantro garnish. Serve immediately.