

Indian Cauliflower Rice Bowl

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/cauliflower-eggplant-indian-recipe>

Ingredients:

- 2 cups red onions about 1 large, could use regular onions too
- 3 cups mushrooms or more of, sliced
- 3 cups eggplant cubed, could omit if you don't have any
- 7 cups cauliflower shredded, this is about half of a head of cauliflower-use the left overs to roast up for salads!
- 1 1/2 tablespoons garlic cloves about 3, minced
- 2 cups water or broth
- 1 1/2 teaspoons salt
- 1 stalk curry leaves about 10 leaves-alternatively, can use 1 large or 2 small bay leaves, remove before eating
- pepper fresh, to taste
- base Cauliflower rice, above
- 1 cup diced bell pepper we used red and yellow
- 2 cups beans we used a mix of chick peas and black beans-use whatever you have on hand
- 1 lime zest and juice
- 1 tablespoon cumin
- 2 teaspoons turmeric
- 2 tablespoons minced ginger fresh
- 3 dashes cayenne depends on your heat preference
- broth Additional, if needed to help wilt greens
- 3 cups greens it can be any kind, I used spinach, but have used kale and collards
- 1/2 cup fresh cilantro if you don't like it, use parsley
- salt Additional, /pepper as desired
- nuts for serving: pistachios, slivered almonds, or pumpkin seeds

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 27 grams
3. Fat: 3 grams

4. Fiber: 9 grams
 5. Protein: 8 grams
 6. Sodium: 810 milligrams
 7. Sugar: 9 grams
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