

Mexican Riced Cauliflower

Yield: 8 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-riced-cauliflower-recipe>

Ingredients:

- 1 tablespoon light olive oil
- 1/2 white onion small, diced
- 3 large garlic cloves minced
- 3 Roma tomatoes diced, save the liquid
- 1/2 green bell pepper large, diced
- 6 ounces tomato paste
- 1 teaspoon ground cumin
- 1/4 teaspoon chili powder chipotle, optional
- 1 cup water
- 12 ounces frozen riced cauliflower partially thawed

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 6 grams
3. Fat: 2 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 170 milligrams
7. Sugar: 4 grams

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