

## Cauliflower Mexican Rice

### Ingredients:

10 cups	Cauliflower Rice (I use the steam-bags of cauliflower rice to save on time)
1 tsp	Olive oil
1 small bag	Onion and pepper mixture (feel free to use fresh)
2 cans	Diced tomatoes with chilis, well drained
2 tsp	Fresh garlic, minced
1, 6 oz can	Tomato paste
2 tsp	Cumin
1 tsp	Paprika
1 tsp	Cayenne pepper
TT	Salt and pepper
¼ cup	Cilantro, chopped

### Directions:

1. Cook the cauliflower rice according to the package instructions.
2. In the meantime, heat the olive oil in a medium skillet over medium-high heat. Add the pepper/onion mixture and sauté until tender.
3. Once tender, add the diced tomatoes and garlic. Stir in and let the mixture get hot.
4. Stir in the cooked cauliflower rice to the pepper/onion/tomato mixture.
5. Add the tomato paste, cumin, paprika, cayenne pepper, salt, and pepper. Be sure to mix it all in.
6. Allow the mixture to get hot.
7. Top with cilantro and serve!

### Nutrition Facts:

Servings: 10 servings

Serving size: 1 serving (~1 cup / 179 g)

Cauliflower Mexican Rice		
<b>Nutrition Facts</b>		
Serving Size: 1 Cup		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	57.4 kcal	3 %
<b>Total Fat</b>	0.7 g	1 %
Saturated Fat	0.1 g	0 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	185 mg	8 %
<b>Total Carbohydrate</b>	11 g	4 %
Dietary Fiber	3.6 g	14 %
Sugars	5.9 g	
<b>Protein</b>	3.6 g	7 %
<b>Vitamin A</b>	18 %	<b>Vitamin C</b> 102 %
<b>Calcium</b>	4 %	<b>Iron</b> 10 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>