



CAULIFLOWER & BLACK BEAN *Ranchero Taco Bowl*

TOTAL PREP & COOK TIME: 45 MIN

SERVINGS: 4

INGREDIENTS

- 1 8.8oz bag of Ready Rice, Whole Grain Brown (or roughly 2 cups)
- 1 15oz can of black beans (low-sodium)
- 2 10oz bags of frozen riced cauliflower (equivalent to about 1 medium fresh head, trimmed, measure 2 ½ cups once trimmed)
- 1 yellow onion, peeled & chopped.
- 1 poblano pepper de-seeded & chopped. (or any pepper of your liking)
- 1 large avocado (or 2 small) diced.
- 1 packet low sodium taco seasoning
- 1 lime
- ¼ cup water
- 2 cups of grape tomatoes (around 40)
- 4 tsp olive oil
- 1 cup shredded cheddar cheese

DIRECTIONS

1. Peel and chop onion. De-seed and chop poblano.
2. Chop cauliflower heads into ½ inch pieces (if using fresh or prepackaged cauliflower).
3. Drain and rinse black beans. Cut grape tomatoes in half. Peel lime.
4. Slice avocado in half, remove pit and large dice.
5. Heat large saute pan/skillet/dutch oven to medium heat, add 2 tsp olive oil.
6. Saute poblano and ½ the chopped onion for 5 min or until softened and translucent in color.
7. Add drained/rinsed black beans and cook another 2 min, until warmed throughout
8. Stir in 1/3 taco seasoning packet
9. Cautiously transfer all contents of pan/skillet/dutch oven to blender
10. Add peeled lime and water to blender. Pulse until smooth creating a black bean puree
11. In same pan/skillet/dutch oven, heat 2 tsp olive oil over medium high heat and saute remaining onion and cauliflower 12-15min, or until lightly browned
12. Add brown rice and remaining 2/3 taco seasoning packet. Cook additional 3 min
13. Layer bowl with cauliflower/rice mixture, top with black bean puree, then top with tomatoes and avocado. Grate cheese over the top