

# TACO CAULIFLOWER "RICE"

Yield: 4 servings | Total Preparation Time: 30 minutes



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## Ingredients

- 1 lb ground turkey or chicken
- 1/2 onion, diced
- 1 1/2 cups bell peppers of choice, diced
- 2 tablespoons taco seasoning
- 1 (15 oz) can diced tomatoes
- 1 (4 oz) can diced green chiles, drained
- 1 1/2 cups cauliflower rice or minced cauliflower head
- 1/2 cup chicken broth
- Salt and pepper to taste

## Instructions

1. Heat a large non-stick skillet over medium - medium high heat.
2. Spray with cooking spray and add in ground meat, onion, bell peppers, and taco seasoning.
3. Cook, breaking up the meat as you go, until the meat is cooked through, about 10 minutes.
4. Once cooked, stir in tomatoes, green chiles, cauliflower, and broth.
5. Simmer about 5 -10 minutes, or until heated through.
6. Taste and season with salt to taste and serve with your choice of optional additions! (Shredded cheese, pico de gallo, avocado, tortilla chips, etc). ENJOY!

*Cauliflower rice is a great low carb alternative to rice and other grains. It works well in most meals due to its meaty texture. It is high in fiber, low in calories, high in nutrients, and considered to be a powerful brain food! It is well-known for its anti-inflammatory effects that may boost immune health and reduce the risk of heart disease and cancer.*

