Mexican Cauliflower Rice

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Slow Cooker Meals

Slow cookers are a great tool for cooking entrees, but they can also be used for making large batches of tasty side dishes such as this Mexican cauliflower rice. Ricing the cauliflower prior to cooking is an optional step – you could also rice the soft cauliflower after it is done, or just use a fork to mash it. The spicy flavors are a delicious step up from basic cauliflower.

Ingredients:

1 head of cauliflower, coarsely chopped

1 small yellow onion, diced

1/2 red bell pepper, diced

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1 jalapeno pepper, seeded and diced

3 cloves garlic, minced

1 cup tomato sauce

1/4 cup chicken stock

1 tbsp chili powder

2 tsp cumin

1 tsp dried oregano

1/4 tsp pepper

Salt, to taste

Directions:

1. Place the cauliflower into a food processor and pulse until reduced to the size of rice grains.

2. Add the tomato sauce, chicken stock, and spices into the slow cooker and stir to combine. Add the remaining ingredients and stir to coat. Cover and cook on high for 3 hours. Adjust salt to taste. Drain any excess liquid before serving.

