

Mexican Cauliflower Rice

1 tbs. extra-virgin olive oil
1 bag (about 14 oz.) finely chopped or “riced” cauliflower*
1 10-oz. can Rotel, drained
Pinch ground cumin
Cilantro, for garnish, if desired

Heat the oil until glistening in a large nonstick skillet or Dutch oven over medium-high heat. Add in the cauliflower rice and sauté until browned, about 5 minutes, stirring occasionally. Add in the can of Rotel and pinch of ground cumin. Stir and cook an additional 2 minutes. Garnish with cilantro, if desired.

*You can also cut up a head of cauliflower and send it through the “grate” setting on a food processor.



<https://pineapplehouserules.com/>