



SECOND HARVEST
of SILICON VALLEY



Latin-Spiced Cauliflower Rice

Ingredients

1 medium head cauliflower, cut into florets
2 Tbsp cooking oil
1/2 onion, finely diced
1 bell pepper, diced
3 garlic cloves, minced
1-2 jalapeños, deseeded and minced
3 Tbsp tomato paste
1/2 tsp paprika
1/2-1 tsp chili powder
1 tsp ground cumin
1 tsp salt
1/4 cup water
1/2 cup chopped cilantro
1 1/2 Tbsp lime juice

Servings: 4

Prep time: 10-15 minutes

Cook time: 15 minutes

Total time: 25-30 minutes

Directions

1. Place cauliflower florets into a food processor and manually pulse until the florets are chopped into small, rice-like pieces. If needed, do this in batches so the food processor isn't overcrowded. Set aside 4 cups of the rice in a bowl and freeze any leftovers to use for another recipe.
2. Heat a large skillet over medium-high heat and add the cooking oil.
3. Add the onion and bell pepper to the pan and sauté until onions are translucent and lightly browned, about 5 minutes.
4. Add the garlic and jalapeño and sauté until fragrant, about 1 minute.
5. Add the tomato paste, paprika, chili powder, cumin, and salt. Stir to mix everything together and cook for about 1 minute to warm up the spices.
6. Add the cauliflower rice and water and stir to evenly cover the cauliflower in the spice mixture. Continue sautéing, stirring occasionally, until the cauliflower is cooked through and looks dry and fluffy, about 5-7 minutes.
7. Remove from the heat and stir in the cilantro and lime juice. Serve immediately. Enjoy!

Tips:

- When making the rice, you can use a box grater or finely chop the cauliflower instead of a food processor.
- Keep the jalapeño seeds if you enjoy more heat.
- Feel free to add beans or other vegetables, such as corn, peas, or diced carrots.
- Topping ideas: cheese, diced tomatoes, sliced avocado, and sour cream.

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