



Cajun Riced Cauliflower

Ingredients:

- 1 pound ground beef, pork, turkey, or chicken
- ½ medium yellow onion, diced
- 2 celery stalks, diced
- 1 green bell pepper, deseeded and diced
- 2 garlic cloves, minced
- 1 package Nature's Earthly Choice™ Riced Cauliflower
- 1 to 2 tablespoons Cajun seasoning
- 1 teaspoon dried oregano
- 1 teaspoon salt
- ½ teaspoon black pepper
- Olive oil

Directions:

1. Heat olive oil in a large skillet over medium heat. Cook the onion, celery, and bell pepper until tender, about 5 to 7 minutes. Add the garlic and cook for another 1 minute.
2. Add the meat and cook until brown, adding oil as needed. Use a spatula to break up the meat.
3. Squeeze the pouch of riced cauliflower to break up the grains. Add the cauliflower and spices to the skillet. Cook for 15 minutes, mixing occasionally.