

Cauliflower Rice, Beans & Sausage.

2 SERVINGS 25 MINUTES



INGREDIENTS

2 1/2 cups Cauliflower Rice
6 ozs Veggie Sausage (sliced)
1 Red Bell Pepper (chopped)
1 Garlic (clove, minced)
1 cup Red Kidney Beans (Drained & Rinsed)
1/4 cup Organic Vegetable Broth
1/8 tsp Sea Salt
2 stalks Green Onion (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	296	Fiber	16g
Fat	7g	Sugar	6g
Saturated	0g	Protein	25g
Trans	0g	Cholesterol	0mg
Carbs	38g	Sodium	791mg

DIRECTIONS

- 01 Heat a skillet over medium heat. Add the cauliflower rice and sauté for 5 to 7 minutes. Remove and set aside.
- 02 Add the veggie sausage to the same pan and cook 3 to 4 minutes until browned. Add the bell pepper and cook for 3 minutes. Add the garlic and cook for 1 minute more. Add the kidney beans, vegetable broth and sea salt.
- 03 Stir and cover. Let it simmer for 4 to 5 minutes.
- 04 Add the cauliflower rice to a plate and top with the sausage and bean mixture. Garnish with green onions. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Use a spicy Italian sausage or add chili flakes or additional spices instead.

CAULIFLOWER RICE

Use fresh or frozen riced cauliflower or make your own using a grater or food processor

MORE VEGGIES

Use your favorite veggies. I used spinach instead of the red pepper.

OTHER BEANS

Swap out the kidney beans for your favorite legumes like black, navy, pinto beans or I used my favorite CHICKPEAS!

NO CAULIFLOWER

Prepare quinoa or brown rice as a substitute.