

Gullah Red Cauliflower Rice

\$1.50 per serving
yields 6 servings

4 cups Cauliflower finely crumbled
(Tomato Paste)

1 medium fresh Tomato

15 -16 Sundried Tomatoes

1 Bell Pepper (dice one half)

1 Garlic clove

1 small Onion (dice one half)

2 Tablespoons of Avocado Oil

2-3 Tablespoons of Water

1 Tablespoon Tumeric

1 teaspoons of Cumin

1 teaspoon of crushed Red Pepper/Berber

1 teaspoon Paprika

½ Black Pepper

¼ teaspoon of Himalayan salt

Take 1 small or half of a large cauliflower, trim off the leaves, and shred or crumble it into small (rice-sized) pieces. Add the diced onion and peppers. Set aside. Blend the remaining ingredients (rough cut tomatoes, peppers and onions)for make a tomato paste. Mix the rice and the tomato paste. Serve at room temperature or warm.

20 minutes prep

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