



# Breakfast Burrito Cauliflower "Rice" Bowls

**Servings**

6

**Calories**

330

**Prep Time**

10 minutes

**Total Time**

25 minutes

**Skill Level**

Medium

## Ingredients

- 1 (12 ounces) package Mann's Cauliflower "Rice"
- 3 tablespoons butter, divided
- 1 small onion, chopped
- 1 red pepper, chopped
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon each salt and pepper, divided
- 1 (19 ounces) can black beans
- 1 ½ cups salsa, divided
- 2 tablespoons lime juice
- 12 eggs
- 1 avocado, ripe, peeled, pitted and sliced
- 2 green onions, thinly sliced
- lime wedges, for serving



## The Method

Melt 1 tablespoon butter in large skillet set over medium heat; cook onion, red pepper, garlic, chili powder, cumin, and half of the salt and pepper for about 3 minutes or until onions start to soften. Stir in Cauliflower "Rice," black beans, 1 ¼ cups salsa, lime juice and ¼ cup water. Cover and cook for 5 minutes. Uncover; cook for about 5 minutes or until Cauliflower "Rice" is tender and sauce has thickened.



# Breakfast Burrito Cauliflower "Rice" Bowls

Meanwhile, melt remaining butter in nonstick skillet set over medium heat. Whisk eggs with 3 tablespoon water and remaining salt and pepper; pour into skillet. Reduce heat to medium-low; cook, stirring frequently, for about 5 minutes or until eggs are set and soft curds have formed.

Divide cauliflower mixture among 6 bowls. Top with scrambled eggs, avocado, remaining salsa and green onions. Serve with lime wedges.

## **Tips:**

For a vegan rice bowl, substitute scrambled tofu for scrambled eggs, and vegan butter for butter.

Substitute ancho or chipotle powder for chili powder if you like.

## **Nutrition Facts**

Servings: 363g | Servings: 6

### **Amount Per Serving**

Calories 330 | Total Fat 18g (sat fat 7g trans 0g | Cholesterol 345mg | Sodium 1180mg | Total Carbohydrate 27g | Dietary Fiber 10g  
Sugars 6g (Includes 0g Added Sugars) | Protein 19g | Protein 19g | Vitamin D 10% | Calcium 10% | Iron 20% | Potassium 15%