

Veggie Bomb Cauliflower Fried Rice

(Gluten-Free; Vegans – omit the egg)

- ½ large head of Cauliflower – made into a rice consistency in a food processor
 - From the above process, it should make about 2 cups Cauliflower "Rice"



- 1 tablespoon Coconut Oil
- ½ cup Carrots, chopped
- ½ Yellow Onion, chopped
- 2 tablespoons Green Onion, chopped
- 6 White Mushrooms, sliced
- ½ cup Green Beans, snipped into smaller pieces (string, fresh)
- ½ cup Broccoli, snipped into small florets
- 1 Garlic Clove, minced
- 1 whole Egg
- Tamari (gluten-free), to taste OR Coconut Aminos
- Sea Salt, to taste
- Black Pepper, to taste

NOTE: To create cauliflower "rice" – take head of cauliflower, chop roughly into florets, place in food processor and pulse until it takes on a rice consistency (picture above)

Directions:

1. In a large skillet, sauté the garlic and onion in coconut oil, over medium heat
2. Add in the carrots and a tiny splash of water to prevent sticking, and cook for 3 minutes
3. Add the mushrooms, green beans and broccoli, and cook for another 2 minutes
4. Add the green onion and egg, which will start to cook quickly
5. Add in the cauliflower rice, along with a splash of tamari or coconut aminos, salt and pepper
6. Stir to combine and heat through, about 3-5 minutes
7. Adjust the seasonings to taste, then serve

****Put a TWIST on the DISH:**

- If you *HAVE* to have some protein, you can add cooked turkey, chicken, etc. which you can whip up on the stove in a cast iron while fixing your cauliflower rice dish.
- Some additional seasonings that have been *WONDERFUL* to add is curry and turmeric, both of which have amazing health benefits.