

Cauliflower Rice and Beans Bowl

Ingredients:

For the beans:

- 2 15-ounce cans organic black beans, drained and rinsed
- 2 tablespoons EV00
- 2 shallots, finely chopped
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{3}$ cup water
- 1 teaspoon cumin
- Hot sauce (optional)
- Parsley, chopped

For the cauliflower rice:

- 5 cups store-bought cauliflower rice*
- 3 Tablespoons EV00
- 1 teaspoon chili powder
- $\frac{1}{2}$ teaspoon sea salt

*You can make cauliflower rice using 1 head of cauliflower broken into florets. Add half to a food processor. Pulse several times until chopped. Next do the other half.

For serving:

- avocado sliced
- salsa
- parsley or cilantro, chopped

Directions:

Make the Beans: In a medium saucepan, heat oil over medium-high heat. Add the shallots and stir until softened. Add cumin and stir for 30 seconds. Add the beans, hot sauce and water.

Reduce the heat and simmer for 5 minutes. Take off the stove and mix in chopped parsley.

Make the Cauliflower Rice: In a skillet, heat oil over medium-high heat. Add the cauliflower and cook for 6-8 minutes, stirring often, until it is softened. Stir in the chili powder and salt.

Make the Bowls: Divide the beans and rice among the bowls. Top with avocado, salsa, and more chopped parsley or cilantro.