



# Cauliflower-Rice Burrito Bowl

By The Minimalist Baker

Prep time: 15 min Cook time: 15min Total time: 30 min

## Ingredients

### BEANS

- 1 15-ounce (425 g) can black or pinto beans
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- Sea salt to taste (~1/8 - 1/4 tsp)

### CAULIFLOWER RICE

- 1 Tbsp (15 ml) olive or grape seed oil
- 3 cloves garlic, minced (1 1/2 Tbsp or 9 g)
- 1/4 cup (40 g) diced red or white onion
- 1 head cauliflower, grated into “rice” ([see method here](#))
- Pinch sea salt, plus more to taste
- 3 Tbsp lime juice (~ 2 limes)
- 1 tsp ground cumin, plus more to taste
- 1/2 tsp chili powder
- 1/3 cup (80 g) red or green salsa, plus more for serving (I like Trader Joe’s Chunky Salsa)
- 1/4 cup (20 g) fresh chopped cilantro, plus more for serving

### PEPPERS + ONIONS

- 1 Tbsp (15 ml) olive or grape seed oil
- 1 red, green, orange, or yellow bell pepper, thinly sliced lengthwise
- 1/2 red onion, sliced into 1/4-inch rings
- Pinch sea salt

## Instructions

1. Add beans to a small saucepan over medium heat and season with spices to taste. Once bubbling, reduce heat to low and stir occasionally.
2. Prepare cauliflower rice by following [these instructions](#). Then heat a large rimmed skillet over medium heat.
3. Once hot, add oil, garlic, onion, and a pinch each salt and pepper. Sauté for 1 minute, stirring frequently. Then add cauliflower ‘rice’ and stir to coat.
4. Place the lid on to steam the rice for about 2-4 minutes or until almost tender like rice (al dente in texture), stirring occasionally. Chop up your bell pepper and onion at this time.

5. Remove rice from heat and transfer to a large mixing bowl. Add lime juice, cumin, chili powder, salsa and fresh cilantro. Stir to combine and taste and adjust seasonings accordingly, adding salt, pepper, lime juice, salsa, or more spices as desired. Set aside.
6. Heat the large skillet back over medium-high heat. Once hot, add oil, bell pepper and onion and a pinch of sea salt. Sauté, stirring frequently, until slightly softened and they take on a little color - about 4 minutes.
7. To serve, divide rice, beans, and peppers between serving bowls. Enjoy as is, or with corn tortillas, chips, salsa, lime juice, hot sauce, or guacamole (recipe in notes).
8. Best when fresh, though leftovers keep for 2-3 days in the refrigerator.
9. Serve with desired toppings (listed above) or as is. I recommend avocado, lime juice, hot sauce, and cilantro.
10. Best when fresh, though leftovers keep covered in the refrigerator for 2-3 days. Reheat in a 350 degree F (176 C) oven until warmed through - about 20 minutes. See notes for instructions on making ahead of time.