

# Cauliflower Rice with Peppers & Tomatoes

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A fantastic alternative to rice, bursting with veggie flavor.

## Timing

Prep time	Total time	Skill level
15 mins	20 mins	Easy

## What You'll Need



½ Average size cauliflower



1 Tomato, diced small



1 Red pepper, diced small



1 Orange pepper, diced small



1 Yellow pepper, diced small



3 Button mushrooms, diced small



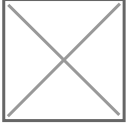
2 tbsp. Soy sauce



1 tbsp. Olive or veg oil



1 tsp. Sesame oil



Salt and pepper

## Directions

1. Grate one-half of an average size cauliflower with a standard cheese grater.
2. Preheat the frying pan to medium-high heat. Add olive oil and sesame oil.
3. Add cauliflower to the pan and stir. Add tomatoes, peppers, mushrooms, and continue to stir (gently fold).
4. Add 1 tbsp. soy sauce and stir.
5. Add remaining soy sauce stir and serve.