

Dirty Cauliflower Rice with Andouille Sausage



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Servings: 3

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Protein	Fats	Carbs
4	0	2

Cauliflower rice replaces white/brown rice in this healthified recipe for dirty rice.

INGREDIENTS

- 1 tbs. coconut oil
- 1/2 Spanish onion
- 3 clove garlic
- 2 stlk. celery
- 1 med. red bell pepper
- 12 oz. Andouille chicken sausage
- 1/4 tsp. sea salt
- 1/4 tsp. black pepper
- 1/4 tsp. cayenne pepper
- 1 tbs. paprika
- 1 tsp. dried thyme
- 1 tbs. dried oregano
- 1 1/2 c. chicken broth
- 1 tbs. coconut oil
- 4 c. cauliflower rice

DIRECTIONS

Heat coconut oil in a large skillet over medium heat. Add diced onions, and saute until translucent. Add minced garlic, diced celery, and diced peppers. Saute for 5 minutes. Add sliced sausage and continue to cook until veggies are tender and sausage is browned, about 10 minutes. Add spices, and stir to evenly distribute. Pour in chicken broth, and bring to a boil. Reduce heat to low, and let simmer for about 12 minutes.

While the skillet is simmering, heat coconut oil in another skillet over high heat. Add cauliflower rice and cook for 5 minutes, stirring occasionally, until cauliflower is cooked.

When the sausage and veggies are done cooking, remove from heat, and stir in cauliflower rice. Stir to mix well, and serve warm.