

Mexican Cauliflower Skillet

One pan wonder! These easy skillet meal is something the whole family will love. I will bet they don't even notice that it is cauliflower!

Ingredients:

- 1 lb ground beef
- 1/4 medium onion, diced
- 1/2 red pepper, diced
- 3 tbsp taco seasoning
- 1 cup diced tomatoes
- 12 ounces cauliflower rice (fresh or frozen)
- 1/2 cup chicken broth
- 1 1/2 cups shredded Cheddar cheese or Mexican Blend



Preparation:

1. In a large skillet over medium heat, brown the ground beef until almost cooked through (just a little pink). Add the onion and pepper and continue to cook until no longer pink. Stir in the taco seasoning.
2. Add the tomatoes and cauliflower rice and stir to combine. Stir in the broth and bring to a simmer. Reduce the heat to medium low and cook until the cauliflower rice begins to soften (8 to 10 minutes for frozen).
3. Sprinkle the skillet with the cheese and cover. Let cook until the cheese is melted, 3 or 4 minutes. Remove from heat and top with your favorite toppings like sour cream, avocado, and chopped cilantro.