

# Garlic Cauliflower Rice



**PREP TIME:**  
5 MINUTES

**COOK TIME:**  
15 MINUTES

**TOTAL TIME:**  
20 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 5-6 servings

## Ingredients:

- 1 Medium to Large Head of Cauliflower (or 16 oz. Package of Pre-Riced)
- 2 TBSP Extra Virgin Olive Oil
- 1/3 Cup Minced Red Onion
- 3-4 Garlic Cloves, Minced
- 1 Teaspoon Himalayan Sea Salt
- 1/2 Teaspoon Garlic Powder
- 3/4 Teaspoon Dried Thyme
- 1/4 Cup Vegetable Broth
- Cracked Black Pepper to Taste
- **Optional: Other seasonings** – Rosemary / Lemon Zest / Chili Powder

## Instructions:

1. In a large sauté pan, warm up olive oil.
2. Add onion to pan and let cook down about 5 minutes – until onion becomes translucent.
3. Slowly add in the garlic and allow to cook about 30 – 60 seconds until becomes fragrant.
4. Pour in riced cauliflower to pan.
5. Season with sea salt, garlic powder, thyme, and pepper to taste.
6. Stir and allow to cook about 5 minutes.
7. Add in the broth when rice seems to get dry. Allow to cook another 5-7 minutes.
8. **Serving Ideas:** Add as a base to any bowl concept dish, over salad, accent to a meal.

**\*Try and use all organic ingredients if possible.**

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