



southwest taco bowl

cook time:
20

prep time:
15

featured product:
50/50!

swap rice for riced cauliflower in this keto-friendly and protein-packed southwest bowl--on a bed of our 50/50 blend and topped with our creamy white cheddar dressing!



ingredients

4 servings

- 1 package (5oz) **organicgirl® 50/50! blend?**
- $\frac{3}{4}$ cup **organicgirl® white cheddar dressing**, divided
- 1 large head cauliflower, cut into florets
- 12oz ground beef
- 1 tablespoon chili powder
- $\frac{3}{4}$ teaspoon sea salt, divided
- 1 tablespoon olive oil
- 1 ripe avocado, pitted and sliced
- 1 large tomato, diced
- ? cup chopped fresh cilantro leaves

substitutions

? substitute with **baby spring mix**

directions

1. break apart one head of cauliflower into small pieces.

https://iloveorganicgirl.com/wp-content/uploads/2019/03/Southwest_Taco_Bowls_STEP1_SQUARE-4.mp4

2. in a food processor pulse cauliflower in batches until fine. the pieces should be about the size of rice grains. set aside.

https://iloveorganicgirl.com/wp-content/uploads/2019/03/Southwest_Taco_Bowls_STEP2_SQUARE-1.mp4

3. in a large skillet combine beef, chili powder, and ½ teaspoon salt and cook, stirring frequently, until beef is browned and cooked through, about 8 minutes. transfer beef to a bowl and wipe out skillet.

https://iloveorganicgirl.com/wp-content/uploads/2019/03/Southwest_Taco_Bowls_STEP3_SQUARE-1.mp4

4. place skillet back on heat and add oil. Add ground cauliflower and remaining ¼ teaspoon salt and sauté, stirring occasionally, until cooked, about 8 minutes. let cool for 10 minutes, then stir in ½ cup dressing.

https://iloveorganicgirl.com/wp-content/uploads/2019/03/Southwest_Taco_Bowls_STEP4_SQUARE-1.mp4

5. arrange greens between 4 bowls and top with cauliflower, beef, avocado, tomatoes, and cilantro.

https://iloveorganicgirl.com/wp-content/uploads/2019/03/Southwest_Taco_Bowls_STEP-5_SQUARE-1.mp4

6. drizzle each bowl with an additional tablespoon of dressing.

https://iloveorganicgirl.com/wp-content/uploads/2019/03/Southwest_Taco_Bowls_STEP6_SQUARE-1.mp4