



# Cajun Style cauliflower rice

A lighter twist on a Southern classic, this cauliflower-based dirty rice is packed with bold Cajun flavor and hearty enough to serve as a main dish or a standout side. It's a one-pan wonder that's low-carb and full of spice!

## Ingredients

- 1 pound ground beef
- 1 (10 oz) bag frozen seasoning blend (onions, celery, green and red bell peppers)
- 4 cups shredded cauliflower (such as Green Giant™ Cauliflower Crumbles®)
- 1 teaspoon fresh minced garlic
- 1 (14 oz) can beef broth
- 2 tablespoons Worcestershire sauce
- 2 tablespoons dried parsley
- 1 teaspoon Creole seasoning (such as Tony Chachere's®)
- ½ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon onion salt
- 1 bay leaf
- ½ cup chopped green onions
- Dash of hot sauce (to taste)

## Instructions

### 1. Brown the Beef

In a large skillet over medium-high heat, cook the ground beef until browned and crumbly, about **5 to 7 minutes**. Drain excess grease and set the beef aside.

### 2. Cook the Veggies

Add the frozen seasoning blend to the same skillet and cook over medium heat for **2 to 3 minutes**, until just heated through. Stir in the shredded cauliflower and minced garlic, and cook for another **2 to 3 minutes**, until slightly softened.

### 3. Build the Flavor

Return the cooked beef to the skillet. Stir in the beef broth, Worcestershire sauce, parsley, Creole seasoning, black pepper, garlic powder, onion salt, and bay leaf. Let the mixture simmer for **8 to 10 minutes**, stirring occasionally, until most of the broth is absorbed and flavors meld.

### 4. Finish and Serve

Remove the bay leaf. Stir in chopped green onions and a dash (or more!) of hot sauce to taste. Serve hot as a main dish or side.

