

Low-Carb Vegetarian Mexican Cauli-Rice

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 12.2 g, Fiber: 5.3 g, **Net carbs: 7 g**,

Protein: 3.6 g, Fat: 7.7 g, Calories: 120 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



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Ingredients (makes 4 servings)

- 2 tbsp [extra virgin olive oil](#) (30 ml)
- 1/2 medium white onion, diced (70 g/ 2.5 oz)
- 1 clove garlic, minced
- 1 tbsp chili powder
- 1 tsp cumin
- 1 lb cauliflower rice (450 g) - [here's how to "rice" cauliflower](#)
- 1 can diced tomatoes, no salt added (410 g/ 14.5 oz)
- sea salt or [pink Himalayan salt](#), to taste

Optional toppings:

- limes
- minced cilantro
- sliced avocado
- sour cream
- sliced jalapeno
- extra virgin olive oi

Instructions

1. Heat the oil in a large skillet over medium heat. Sauté the onion and garlic for 2-3 minutes until they start to soften. Add in the spices and cook 30 seconds until fragrant.
2. Add in the riced cauliflower and cook 5-7 minutes until soft and starting to crisp around the edges. Pour in the tomatoes and stir to combine. Cook another 3-5 minutes until the mixture is dry and resembles fluffy rice.
3. Season with salt to taste and serve, or let it cool down and refrigerate fir up to 4 days.

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