



## 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?**  
¾ cup **organicgirl® white cheddar dressing**, divided  
1 large head cauliflower, cut into florets  
12oz ground beef  
1 tablespoon chili powder  
¾ teaspoon sea salt, divided  
1 tablespoon olive oil  
1 ripe avocado, pitted and sliced  
1 large tomato, diced  
½ 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](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](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  $\frac{1}{2}$  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.

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4. place skillet back on heat and add oil. Add ground cauliflower and remaining  $\frac{1}{4}$  teaspoon salt and sauté, stirring occasionally, until cooked, about 8 minutes. let cool for 10 minutes, then stir in  $\frac{1}{2}$  cup dressing.

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

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