

GROUND TURKEY CAULIFLOWER RICE VEGGIE BOWLS

INGREDIENTS

- 5 tbsp. extra virgin olive oil
- 1 lb. grass-fed extra-lean ground turkey
- ½ tsp. dried parsley
- ¼ tsp. cumin powder
- A pinch of crushed red pepper
- ¼ tsp. ground coriander
- 4 cups cabbage chopped
- ½ cup vegetable broth
- ¼ cup tomato sauce
- 1 small cauliflower head cut into florets
- 2 tbsp. sesame oil or extra virgin olive oil
- 2 cloves garlic minced
- 2 tbsp. gluten-free soy sauce
- 4 cups green beans ends trimmed
- 1 cup red onions chopped
- 1 large red bell pepper chopped
- Salt - to taste
- Black pepper - to taste

PREPARATION

1. In a cast iron skillet, heat 1 tbsp. olive oil over medium-high heat.
2. Add the ground turkey and all the spices.
3. Using a wooden spoon, break up the turkey and cook for about 7 minutes, keep stirring occasionally.
4. Add the cabbage and vegetable broth, and mix well to combine. Cook for about 4 minutes. Stir occasionally.
5. Pour in the tomato sauce, and season with salt and black pepper. Cook for 3 more minutes or until the veggies are cooked through. Set aside.
6. Pulse the cauliflower florets in a food processor for about 25-30 seconds until it has a rice-like consistency.
7. In the same large skillet used for ground turkey, add 2 tbsp. of olive oil over medium heat and add the garlic. Sauté for 30 seconds.
8. Add the cauliflower rice and soy sauce. Mix everything to combine well. Do not overcook the cauliflower. Set aside.
9. In the same large skillet, add 2 tbsp. of olive oil over medium heat and add all the veggies, salt, and black pepper. Stir well.
10. Cook until the veggies are tender but do not to overcook them.
11. Place an even amount of ground turkey, cauliflower rice, and veggies into 4 glass containers. Cover with the lid, and place in the fridge for up 4 days.
12. Heat in the microwave for about 1½-2 minutes.
13. Serve warm and enjoy!

