



# Vegan Roasted Cauliflower Taco Bowls

🕒 30 minutes 🍴 4 servings

## Ingredients

- 1 cup Long grain white rice
- 1 1/2 cup Water
- 1 tsp Salt (divided)
- 1 tsp Chili powder
- 1 tsp Smoked paprika
- 1 tsp Cumin
- 1 head Cauliflower (cut into florets; 1 large head = about 6 cups florets)
- 2 tbsp Extra virgin olive oil
- 1 3/4 cup Black beans (no salt added; liquid included; 1 3/4 cup = 14.5 oz can)
- 2 Avocado (cut into cubes)
- 1/4 tsp Garlic salt
- 1 Lime (divided)
- 1/4 cup Cilantro (chopped)

## Nutrition (estimate per serving)

Calories	537 kcal	Fat	23 g
Carbohydrates	55 g	Protein	15 g
Fiber	18 g	Sugar	4 g
Cholesterol	0 mg	Sodium	798 mg
Vitamin A	680 IU	Vitamin C	85 mg
Calcium	94 mg	Iron	4 mg

## Directions

- 1 Preheat the oven to 450°F.
- 2 In a small saucepan combine rice, water, and half of salt. Cover with lid and bring to a boil over high heat, then reduce heat and simmer about 18 minutes, until all liquid is absorbed. Remove from heat and allow to sit, covered, about 10 minutes. Fluff with a fork before serving.
- 3 Make seasoning blend: in a small bowl, mix together chili powder, smoked paprika, cumin, and remaining half of salt.
- 4 Cut cauliflower into florets and add to a baking sheet with oil and half of the seasoning blend. Toss to combine, then place in the oven and cook 18-20 minutes, stirring halfway through.
- 5 While the cauliflower roasts, add beans (including liquid from can) to a small saucepan along with remaining seasoning blend. Bring to a simmer over low heat, mashing the beans with a fork or potato masher. Cook 8 to 10 minutes, until the mixture has thickened. Remove from heat.
- 6 While cauliflower and beans cook, cut avocado into cubes and add to a small bowl. Add garlic salt and juice from half of the lime. Use a fork or potato masher to smash avocado until creamy, consistency is smooth, and spices are well-mixed into avocado.
- 7 Roughly chop cilantro and cut remaining half of lime into wedges. Assemble bowls: 1 cup cauliflower + 1/2 cup rice + 1/3 cup beans + 1/3 cup guacamole. Top with cilantro and garnish with lime wedge to serve.

## Notes

### Total Time: 30-35 min

Prep time: 15-20 min // Cook time: 18-20 min

### Serving Size

1 bowl: 1 cup cauliflower + 1/2 cup rice + 1/3 cup beans + 1/3 cup guacamole

### Pro Tip

For a variation on this meal, serve this as filling for tacos or burritos, or substitute rice for tortilla chips and serve as nachos. Top with additional toppings such as tomatoes, salsa, shredded cheese, or sour cream if desired.

### Cooking Equipment

2 Small saucepans | 2 Small bowls | Cutting board | Chef's knife | Baking sheet or pan | Fork or potato masher

### Leftovers

Refrigerate guacamole separately from other leftovers and squeeze with additional lime juice to prevent browning. Do not freeze.

### Cut cauliflower into florets

trim greens from base of cauliflower and cut in half lengthwise. Remove stem by cutting a "V" just under start of florets. Discard tough stem. Cut florets from stem into approximately 1/2-inch pieces.

### Cut avocado into cubes and mash

cut avocado in half lengthwise around pit remove pit. Hold avocado in non-dominant hand with flesh facing up. Use paring knife to cut avocado flesh into squares inside shell. Use spoon to scoop cubes from shell, then smash cubes with a fork until smooth.

### Chop cilantro

cut leafy tops off stems (okay to include some stems). Stack leaves into a pile and chop into approximately 1/8-inch pieces.



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