

# ROASTED CAULIFLOWER BURRITO BOWLS

Preparation: **25** minutes | Cooking: **25** minutes | Servings: **4-6**

## INGREDIENTS

2 tomatoes  
2 ears of corn, kernels  
cut off the cob  
1 14-ounce can of black  
beans, rinsed and  
drained  
1 head of cauliflower,  
chopped into florets  
1 avocado  
Juice of 2 limes  
1 cup of white or  
brown rice  
1/2 cup water  
1/2 cup chopped  
cilantro  
1/2 small  
onion, chopped  
1 tablespoon olive oil  
1 tablespoon taco  
seasoning



## INSTRUCTIONS

Cook the rice according to the package directions. Heat the oven to 425 degrees. Toss the cauliflower florets with the olive oil and half of the taco seasoning. Sprinkle with salt and pepper. Roast for 20-25 minutes, tossing halfway through to prevent burning. Combine the black beans, water and remaining taco seasoning in a small saucepan. Bring to a low simmer. Mash the black beans with the back of a spoon until the mixture starts to get creamy. It should continue to thicken as it stays over medium-low heat. Toss the tomatoes, onion, limes and cilantro together to make a pico de gallo. Season with salt. To finish, build a big bowl with rice, re-fried beans, corn, pico de gallo, avocado and a lime wedge. Top the bowl with your roasted cauliflower, and add hot sauce if you want it!