



# Spanish Rice

## Ingredients:

- 2 tsp. olive oil
- 2 cups cauliflower rice
- 1 tbsp tomato paste
- ½ cup crushed tomatoes (no sugar added)
- 3 oz. water
- 2 dashes onion powder
- 2 dashes garlic powder
- 2 dashes cumin
- 2 dashes chili powder
- Red pepper flakes to taste

## Directions:

1. Heat oil in saucepan over medium heat.
2. Fry cauliflower rice in hot oil until golden brown, 2 to 3 minutes.
3. Stream the water into the saucepan while stirring the cauliflower rice to desired thickness; add seasonings and enjoy!

Servings: makes 1 serving.

Each serving = 2 cups select vegetables, ½ cup occasional vegetables, 1 protein product, daily healthy fat.

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