

## INGREDIENTS

- 4 cups cauliflower crumbles, the sell this in stop and shop now
- 1 teaspoon olive oil
- 1/2 medium onion, finely diced
- 2 medium roma or grape tomatoes, small dice
- 1 jalapeno, minced
- 2 garlic cloves, minced
- 2 tablespoons tomato paste
- 1/2 teaspoon cumin
- 1/4 teaspoon chili powder
- 1 teaspoon salt
- Freshly ground black pepper, to taste
- chopped cilantro for topping



## INSTRUCTIONS

1. Heat the oil in a large skillet over medium-high heat. When hot, add the onions, tomatoes and jalapeno and sauté until just tender, about 2-3 minutes. Add the garlic and cauliflower, sauté until the cauliflower is just tender, 2 minutes.
2. Add the tomato paste, cumin, chili powder, salt and pepper. Stir to evenly coat the vegetables and cook for 1 minute or until heated through. Add chopped cilantro and serve.

## NUTRITION FACTS:

Serving: 1 Cup

Calories: 58

Carbohydrates: 10g

Fiber: 4g

Protein: 3g

Sodium: 379mg

Recipe video link: [https://youtu.be/mInR\\_1mW\\_fA](https://youtu.be/mInR_1mW_fA)