

# Beef Burrito Bowl with Cauliflower Rice

11 ingredients · 30 minutes · 4 servings



## Directions

1. In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
2. Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
3. When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
4. Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
5. Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

## Notes

### Optional Toppings

Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

### Leftovers

Store in an airtight container in the fridge up to 3 days.

## Ingredients

- 2 **tbps** Extra Virgin Olive Oil (divided)
- 4 Garlic (cloves, minced)
- 1 Yellow Onion (small, finely diced)
- 1 **lb** Extra Lean Ground Beef
- 1 **tbsp** Cumin (ground)
- 1 **tbsp** Coriander (ground)
- 1 **tbsp** Oregano (dried)
- 1 **1/2 tps** Sea Salt (divided)
- 1 Lime (juiced)
- 4 **cups** Cauliflower Rice
- 2 Avocado (diced)

## Nutrition

Amount per serving

<b>Calories</b>	470	Cholesterol	74mg
<b>Fat</b>	33g	Sodium	993mg
<b>Carbs</b>	19g	Vitamin A	201IU
Fiber	11g	Vitamin C	18mg
Sugar	5g	Calcium	98mg
<b>Protein</b>	28g	Iron	5mg