

Cajun Cauliflower Rice

Low-carb dinner is on the menu tonight! A good Cajun or Creole seasoning can take this from a boring dinner to a fantastic one. Be careful on the heat level because not all seasonings are created equal. Enjoy!

xoxo,

Kristin

1. Heat 1 tbsp avocado oil in large skillet or pot over medium high heat.
2. Add pepper, onion and garlic. Saute for 5 minutes until vegetables begin to soften.
3. Add in sliced sausage and saute for another 5 minutes or until sausage begins to brown
4. Add in frozen riced cauliflower and Cajun or Creole seasoning
5. Stir to combine, turn down the heat to medium and cook until the cauliflower rice is warmed through but not mushy
6. Serve hot and garnish with fresh chopped parsley.

Recipe takes about 15 minutes to cook.

Recipe from: <https://thymeandjoy.com/cajun-cauliflower-rice/>