

## **Cauli-Rice Bowl with Black Lentils**

*Serves 4 people*

### **Ingredients**

16 oz Riced Cauliflower Hot Red/green chili, chopped to taste  
1 cup Black lentils 1 tbsp Oregano  
1 whole Sweet onion, diced 1 tsp Rosemary  
2 Green onions, chopped Salt & Pepper to taste  
1 head of Broccoli, chopped Olive oil  
½ pint of Mushrooms, washed and chopped 2 ¾ cups of water  
½ lb Carrot, sliced

*Chef's note: This is a "kitchen sink" kind of recipe. Whatever you have, or whatever you wish to include in this recipe, you can. It is extremely versatile and can suit whatever ingredients and flavors you desire.*

### **Step 1**

Add a pinch of salt and lentils to water and bring to a boil. Lower heat and let simmer, uncovered for 15-20 minutes, or until tender. While lentils are cooking, chop onion, broccoli, mushrooms, and carrots. In a hot pan, sauté sweet onion, carrot, and broccoli until soft, with olive oil. Set aside for the end.

### **Step 2**

In a large pan on high heat, sauté riced cauliflower, chilies, and mushrooms with salt and pepper. approx. 15 minutes. While rice is cooking, chop green onion and chilies. Add chilies, oregano, and rosemary. Cook until fragrant. approx. 2 minutes.

### **Step 3**

Add green onion, cooked vegetables, and lentils to the cooked cauliflower to reheat. Serve when ready.