Cauliflower Rice with Peppers & Tomatoes



What You'll Need

- ½ Average size cauliflower
- 1 Tomato, diced small
- 1 Red pepper, diced small
- 1 Orange pepper, diced small
- 1 Yellow pepper, diced small
- 3 Button mushrooms, diced small
- 2 tbsp. Soy sauce
- 1 tbsp. Olive or veg oil
- 1 tsp. Sesame oil
- Salt and pepper

Directions

1. Grate one-half of an average size cauliflower with a standard cheese grater.
2. Preheat the frying pan to medium-high heat. Add olive oil and sesame oil.
3. Add cauliflower to the pan and stir. Add tomatoes, peppers, mushrooms, and continue to stir (gently fold).
4. Add 1 tbsp. soy sauce and stir.
5. Add remaining soy sauce stir and serve.