



Cheesy Cauliflower Hash



SHOPPING LIST

- 1 head of cauliflower (riced)
- 3 white onions (diced)
- 1 garlic clove (minced)
- Italian seasoning (thyme, oregano, basil, rosemary)
- 1 (8 oz. pkg.) of grated Sargento mozzarella cheese
- 1 lb. lean grass-fed ground beef
- Avocado oil
- Salt & pepper (for taste)

INSTRUCTIONS

- Pulse fresh cauliflower in a blender until you obtain pieces the size of rice.
- Heat sauté pan.
- Cook ground beef until brown.
- Add a bit of avocado oil to a pan.
- Saute garlic & onions for 1-2 minutes.
- Add cauliflower and Italian spices.
- Salt and pepper for taste.
- Saute cauliflower until soft and add mozzarella in the last 1-2 minutes of cooking to ensure cheese melts.
- Remove from heat, plate, and serve.