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Low Carb Cauliflower Rice Burrito Bowls

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Cauliflower Fried Rice Recipe | How to Make Low-Carb ...

Frozen cauliflower rice contains some water, so you might have to steam the curry rice a bit longer so all the water evaporates, or it might become mushy. Storing and reheating. This curry cauliflower rice can be stored in the fridge for 3-4 days. I would not recommend freezing it as it will become quite mushy when you defrost it.

Cauliflower Fried Rice | Low Carb

Give this Cauliflower Rice Burrito Bowl recipe a try for a healthier and low-carb twist on the traditional rice version! Not only is this dish packed with all the flavors you adore, but it also helps you choose a better-for-you meal to make for your family (and stick to your New Year's resolution). Talk about a tasty win-win!

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For each cauliflower fried rice recipe, you'll need one 12-ounce bag of frozen cauliflower rice (thawed) or the equivalent of freshly riced cauliflower. Most of the recipes are as you'd expect from my site, simple, with only a few having more than two ingredients.

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This recipe features frozen cauliflower rice and instant mashed potato flakes, keeping the prep time low and the deliciousness high! Feel free to enjoy these year-round -- pumpkin pie isn't just for Thanksgiving, and latkes aren't just for Hanukkah! Easy Cauliflower Potato Pancakes.

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Low Carb Cheesy Cauliflower Rice with Zucchini | That Low ...

This low carb Spanish cauliflower rice is a healthy and tasty side dish you can make in minutes. With a just a few ingredients you can make this savory, flavorful vegetable side dish with only 4.4g net carbs. You might also like these low carb cauliflower rice recipes!

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Add tomatoes, chicken broth, and sausage to pot, and stir to mix. Bring mixture to a boil then reduce heat to low; simmer for 25-35 minutes or until thickened and liquid is reduced. Stir in shrimp and cauliflower rice. Cook on low, stirring regularly until rice is heated through and shrimp turn pink and no longer translucent.

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