**CAULIFLOWER RICE**

**Ingredients:**

* 24 oz. cauliflower rice, frozen or fresh
* 2 TBSP avocado oil
* 1/2 tsp sea salt
* fresh ground pepper
* 1/2 cup chicken broth

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**Directions:**

1. In a large sauté pan with lid, heat avocado oil over high heat. Add cauliflower rice and salt. Sauté for 5 minutes. If using frozen sauté till all the water has evaporated.
2. Add chicken broth and bring to a boil. Turn heat down to a simmer place lid on but leave a crack for steam to escape, cook rice for 10 minutes, until no liquid remains, and rice is tender.