



So-Good Sofritas Cauliflower Rice Bowl



Entire recipe: 334 calories, 11g total fat (2.5g sat. fat), 685mg sodium, 36.5g carbs, 11.5g fiber, 11g sugars, 25.5g protein

[Click for WW Points® value*](#)

Prep: 15 minutes **Cook:** 20 minutes



More: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [Gluten-Free](#)

Ingredients

Sauce

2 tbsp. chopped tomatoes
1 tbsp. chopped canned chipotle pepper (about 1 pepper, previously packed in adobo sauce) + 1 tsp. canned adobo sauce
1/4 tsp. chopped garlic
1/4 tsp. ground cumin
1/4 tsp. paprika

Bowl

2 cups roughly chopped cauliflower (or HG Alternative)
2 tbsp. chopped fresh cilantro
2 tsp. lime juice
1/2 tsp. ground cumin
1/4 tsp. chili powder
1/4 tsp. onion powder
1/3 cup chopped onion
1/3 cup chopped bell pepper
1/4 cup canned black beans, drained and rinsed
4 oz. block-style extra-firm tofu
Dash each salt and black pepper
2 tbsp. shredded reduced-fat Mexican blend cheese
Optional toppings: additional salt, salsa, light sour cream

Directions

Place sauce ingredients in a small blender or food processor. Add 2 tbsp. water, and blend until smooth.

Pulse cauliflower in a blender until reduced to rice-sized pieces.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add cauliflower, cilantro, lime juice, 1/4 tsp. cumin, 1/8 tsp. chili powder, and 1/8 tsp. onion powder. Cook and stir until cauliflower has mostly softened and lightly browned, about 5 minutes. Transfer to a medium bowl, and cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and return to medium-high heat. Add onion and bell pepper, and cook and stir until softened and slightly blackened, about 4 minutes. Add black beans and cook and stir until hot, about 1 minute. Transfer to the medium bowl, and re-cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and bring to medium heat. Sprinkle tofu with salt, black pepper, and remaining 1/4 tsp. cumin, 1/8 tsp. onion powder, and 1/8 tsp. chili powder. Cook and crumble until lightly browned, about 3 minutes.

Add sauce to the skillet. Cook and stir until hot and well mixed, about 1 minute.

Transfer to the medium bowl, and immediately top with cheese.

MAKES 1 SERVING

HG Alternative: Instead of blending 2 cups of roughly chopped cauliflower into rice-sized pieces, use 1 1/2 cups premade cauliflower rice or crumbles, like the kinds by Trader Joe's and Green Giant.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: February 8, 2017

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.