



SPICY CAULIFLOWER RICE WITH GROUND TURKEY

Pressure Cooker Recipe

Yield: 8 Serving | Serving Size: 1 Cup

Cost/serving: \$0.87

Ingredients:

1 head cauliflower
1 Cup water
1/2 lb ground turkey
1/3 Cup water
1/2 Teaspoon Turmeric
2 Teaspoon Paprika
1 Teaspoon Cumin
1/2 Teaspoon Pepper
1 Teaspoon crushed red pepper flakes
1/2 Teaspoon Coriander
4 cloves garlic, minced
1 carrot, peeled and finely chopped
1 small red bell pepper, finely chopped
Salt to taste

Directions:

- 1) Clean and prepare cauliflower
Start with cutting the cauliflower into big florets and wash it thoroughly under tap water.
- 2) Set pressure cooker to saute function and add 1 cup of water. Allow water to boil, and insert a trivet.
- 3) Once the water starts to boil, insert steam rack with cauliflower. Set the pressure cooker into steam mode and steam for 1 minute.
- 4) After 1 minute, quick release pressure and take the steam rack out. Give florets an iced bath and transfer them to a colander.
- 5) Transfer cauliflower florets to a food processor* and process until riced. Set aside until further instruction.

Note*: Instead of food processor you can use a potato masher or hand blender.

Nutrition Facts

8 servings per container

Serving size 1 cup (121g)

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 13g 17%

Saturated Fat 3.3g 17%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 30mg 1%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 6g 12%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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- 6) Gather and prepare all vegetables including garlic, carrots, and pepper.
- 7) Place inner pot insert in pressure cooker and set to saute function.
- 8) Add turkey and 1/3 Cup of water and cover with lid to cook for 5 minutes.
- 9) Uncover and add all spices and garlic, stirring for 2-3 minutes (or until turkey is cooked through).
- 10) Add cauliflower rice, carrots, and peppers.
- 11) Cover and simmer about 5 minutes to soften vegetables and heat through.
- 12) Add salt to taste.

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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