Savory Beef Cauliflower Rice Skillet

A low-carb, protein-packed skillet with seasoned ground beef and fluffy cauliflower rice, perfect for a quick, healthy meal.

Servings: 2 **Time:** 25 minutes

Ingredients

- 12 oz lean ground beef
- 4 cups riced cauliflower
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1/4 tsp black pepper
- 1/2 tsp salt
- 2 tbsp olive oil
- 1/4 cup chopped fresh parsley
- Juice of 1/2 lemon

Instructions

1. Heat 1 tablespoon olive oil in a large skillet over medium heat.
2. Add diced onion and sauté for 3 minutes until translucent.
3. Add minced garlic and cook for 1 minute until fragrant.
4. Add ground beef, breaking it apart with a spatula. Cook until browned and cooked through, about 6-8 minutes.
5. Drain any excess fat from the skillet, if necessary.
6. Add smoked paprika, cumin, chili powder, salt, and pepper to the beef. Stir to combine.
7. Push the beef mixture to one side of the skillet and add remaining 1 tablespoon olive oil to the empty side.
8. Add riced cauliflower to the skillet and sauté for 5 minutes, stirring occasionally, until slightly tender.
9. Mix cauliflower rice with the seasoned beef evenly.
10. Remove from heat, stir in lemon juice and chopped parsley.
11. Serve warm and enjoy!

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