

# Bison Burrito Bowl with Cauliflower Rice

1 SERVING 30 MINUTES



## INGREDIENTS

- 1 1/2 tbsps Coconut Oil (divided)
- 1 Garlic (cloves, minced)
- 1/4 Yellow Onion (small, finely diced)
- 4 ozs Ground Bison
- 3/4 tsp Cumin (ground)
- 3/4 tsp Coriander (ground)
- 3/4 tsp Oregano (dried)
- 1/3 tsp Sea Salt (divided)
- 1/4 Lime (juiced)
- 1 cup Cauliflower Rice
- 1/2 Avocado (diced)
- 1 cup Baby Spinach (1 Cup Cooked )

## NUTRITION

### AMOUNT PER SERVING

Calories	563	Potassium	1271mg
Fat	44g	Vitamin A	2998IU
Carbs	20g	Vitamin C	26mg
Fiber	11g	Calcium	126mg
Sugar	5g	Iron	6mg
Protein	29g	Vitamin B12	2.2µg
Cholesterol	64mg	Magnesium	92mg
Sodium	924mg	Zinc	6mg

## DIRECTIONS

- 01 In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
- 02 Add ground bison to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
- 03 When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
- 04 Place the pan back over heat and add the remaining coconut oil. Add the cauliflower rice and spinach and season with remaining sea salt. Cook the cauliflower rice and spinach, stirring occasionally, until cauliflower is warmed through and just tender.
- 05 Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

## NOTES

### OPTIONAL TOPPINGS

Chopped cilantro, green onion, extra lime juice, goat cheese.

### LEFTOVERS

Store in an airtight container in the fridge up to 3 days.