



# CREAMY VERSATILE PEPPERS AND CHICKPEAS

(DF, GF, V)

## INGREDIENTS

- One 12 oz. bag frozen riced cauliflower
- 1 tablespoon coconut oil
- 1/4 red onion, finely diced
- 1 yellow pepper, diced
- One 13.6 oz. can full fat coconut milk
- 1 tablespoon coconut sugar
- 3 tablespoons double concentrated tomato paste (I used the kind in a tube, use a little more if you don't use double concentrated)
- 1 teaspoon sea salt
- 1/2 teaspoon chipotle pepper seasoning
- 2 teaspoons smoked paprika
- 2 cans chickpeas, rinsed and drained
- 2 tablespoons fresh chopped cilantro (optional)

## DIRECTIONS

### How-to:

1. *Cook the cauliflower rice according to package directions. Set aside.*
2. *Place the coconut oil in a large skillet and heat to medium heat*
3. *Add the diced red onion and saute (frequently stirring) 2-3 minutes or until slightly translucent*
4. *Add the diced pepper and saute, (frequently stirring) 2-3 minutes or until slightly softened*
5. *Add the canned coconut milk, coconut sugar, tomato paste, salt, chipotle seasoning, and smoked paprika. Stir to combine.*
6. *Reduce the heat to low and add the chickpeas. Stir to combine the mixture. Simmer for 8-10 minutes or until the sauce has thickened. Remove from heat.*
7. *Serve over cauliflower rice and top with the optional chopped cilantro*
8. *Eat and enjoy!*

### Tips and Tricks:

- *I found my ingredients at Whole Foods but the ingredients could be found at most grocery stores and online*
- *You can use regular rice instead of cauliflower rice if you can tolerate grains*
- *Add a meat based protein (pre-cooked) to make this paleo*
- *Don't like yellow peppers? Add broccoli, green or red peppers or whatever kind of veggies you like. Try an herb like parsley instead of cilantro. Make it yours....the possibilities are endless!*

**PREP TIME: 10 MIN**

**COOK TIME: 10 MIN**

**TOTAL TIME: 20 MIN**

**RECIPE BY: CAROLYN J. BRADEN**

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