



Makes 10 cups
Preparation Time: 25 minutes
Cook Time: 30 minutes

INGREDIENTS:

1½ cups dry brown rice

1 cup chopped carrots

½ cup chopped onion

½ cup chopped red bell pepper

1 12-oz. package fresh or frozen cauliflower rice

2 cups fresh or frozen broccoli florets

1 15-oz. can no-salt-added pinto beans, rinsed and drained

[1 recipe Homemade Vegan Pesto](#)

¼ cup low-sodium vegetable broth

Sea salt, to taste

Freshly ground black pepper, to taste

Lemon wedges

Cauliflower Rice Bowls with Vegan Pesto

Grain bowls are a great way to pack tons of healthy ingredients into one tasty dish. This one works in extra veggie goodness by using a mix of brown rice and riced cauliflower for a base that also features carrots, bell pepper, and broccoli. Pinto beans add extra heft, a squeeze of lemon brings brightness, and a hearty drizzle of homemade vegan pesto ties everything together. Feel free to swap out the pinto beans for whatever you have on hand: **Chickpeas** or kidney beans would be just as tasty. You'll likely have extras of this recipe after dinner, so get creative and use leftovers in wraps or cold salads!

By Nancy Macklin, RDN

- 1** In a 5-quart pot combine rice and 4 cups water. Bring to boiling; reduce heat. Cover and simmer about 30 minutes or until nearly tender. Stir in carrots, onion, and bell pepper. Cover and cook 5 minutes. Stir in cauliflower rice and broccoli; cover and cook 5 minutes more.
- 2** Stir in beans, Easy Vegan Pesto Sauce, and broth; heat through. Season with salt and black pepper. Serve with lemon wedges.