

# PORK PAPRIKASH WITH CAULIFLOWER RICE

## *INGREDIENTS*

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- 1 (1 pound) natural pork tenderloin
- 6 cups chopped cauliflower (1 1/2 pounds)
- 2 tablespoons olive oil, divided
- 1/8 teaspoon salt plus 1/4 teaspoon, divided
- 1 medium onion, cut into thin wedges
- 1 1/2 tablespoons paprika plus more for optional garnish
- 1/2 teaspoon ground pepper
- 1 (14.5 ounce) can no-salt-added diced tomatoes with basil, garlic, and oregano, undrained
- 1 cup reduced-sodium chicken broth
- 1/4 cup bottled mild banana peppers, finely chopped
- 1/3 cup light sour cream (Optional)
- 2 tablespoons all-purpose flour
- 8 teaspoons light sour cream

## *STEPS*

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1. Trim fat from meat. Cut meat into bite-size pieces; set aside.
2. Place cauliflower in a food processor. Cover and process with several on/off pulses until cauliflower is evenly chopped into rice-size pieces.
3. Heat 1 tablespoon of the oil in a very large nonstick skillet over medium-high heat. Add cauliflower and 1/8 teaspoon of the salt. Cook 8 to 10 minutes or until golden brown flecks appear throughout, stirring occasionally.

4. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add meat and onion; cook about 3 minutes or until meat is starting to brown, stirring occasionally. Sprinkle with 1 1/2 tablespoons paprika, ground pepper, and remaining 1/4 teaspoon salt. Cook and stir 1 minute more.
5. Add tomatoes, broth, and banana peppers. Bring to boiling; reduce heat to medium-low. Cook, covered, 5 minutes. Increase heat to medium-high. Cook, uncovered, 4 to 6 minutes or until slightly thickened, stirring frequently. Stir together 1/3 cup sour cream and flour in a small bowl; stir into meat mixture. Cook and stir until thickened and bubbly.
6. Serve meat mixture over cauliflower "rice." If desired, top each serving with 2 teaspoons sour cream and a sprinkle of paprika.