Pomì
O Così. O Pomì.

Mediterranean Tomato and Cauliflower Casserole



Preparation time: 50 min
Difficulty: Easy

Ingredients

- Carrots: 2 chopped
- Cauliflower florets from frozen, thawed: 1 ½ lb
- Chopped fresh Italian parsley: 3 tbsp for garnish
- Cumin: 1 tsp
- Extra Virgin Olive Oil: To taste
- Garlic powder, divided: 1 ½ tsp
- Ground allspice, divided: 1 ½ tsp
- Ground nutmeg: ½ tsp
- Lean ground beef: 1 lb
- Salt: To taste
- Toasted slivered almonds: ¼ cup for garnish (optional)
- Water: 1 cup
- Yellow onion: 1 medium, finely chopped

Preparation

A **cauliflower tomato casserole** is a healthy and exquisite vegetarian recipe. Here's how to prepare it.

Preheat the oven to 375 degrees F.

In a large oven-proof pan or skillet, heat 2 tbsp **extra virgin olive oil** over medium heat until shimmering. Add onions and carrots. Raise the heat to medium-high and cook for 5 minutes, stirring regularly.

Now add the ground beef, 1 tsp allspice, 1 tsp garlic powder, nutmeg and salt. Cook for 8 more minutes, stirring regularly, until meat is browned and fully cooked through. Then add **cauliflower florets** and season with the remaining allspice, garlic powder, and cumin. Add another pinch of salt and mix to combine.

Add *Pomì* chopped tomatoes and water. Cook on medium-high for 10 more minutes. Cover with a lid (or tightly with foil) and transfer to the heated oven. Bake in 375 degrees heated-oven for 20 minutes.

Remove from heat and garnish with fresh parsley and toasted almonds. Serve hot with your favorite rustic bread or rice or quinoa! Enjoy.

Recipe Note: if you decide to use florets from fresh cauliflower, you will need to first blanch them.

Recipe by Suzy Karadsheh of TheMediterraneanDish.com

For this recipe we used:

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