



Mediterranean Tomato and Cauliflower Casserole



Preparation time: 50 min.

Difficulty: Easy

Ingredients (4 people)

• Marinara spaghetti

- Chopped Tomatoes 26.6oz 1 box
- 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

For this recipe we used:



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 tbs **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 *Pomi* [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](#)

- *The Mediterranean Dish*