

Cauliflower Casserole

- 1 large cauliflower, cut bite-size, coated with a tablespoon of olive oil and a little sea salt, then roasted at 420F for 25-30 minutes, stirring once
- 1 T olive oil
- 2 t cumin powder
- 2 t ground coriander
- 1 medium onion, diced
- 1-2 jalapenos, seeded and diced
- 2 cloves garlic, minced
- 1 28 oz can crushed tomatoes
- 1 t maple syrup
- 1/2 t sea salt
- 1 15 oz can black beans, drained and rinsed
- cilantro leaves as garnish

Heat 1 tablespoon of olive oil in a pan over medium-high heat. Add onion, cumin and coriander, stirring for 7 minutes until the onion is translucent and browning. Add garlic and jalapeno, stirring for 5 more minutes. Add tomatoes, maple syrup and salt to taste, cooking 5 more minutes. Add black beans, and cook 5 more minutes. Serve the tomato bean mixture in a shallow casserole with the browned cauliflower on top. Garnish with cilantro leaves.