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

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:

Chopped Tomatoes 1 box

