

Braised Cauliflower with Tomatoes

Ingredients:

Extra Virgin Olive Oil

1 Onion, sliced

1 large head of Cauliflower, lightly cored, leaves removed, leave cauliflower whole

½ teaspoon Salt

½ teaspoon crushed Red Pepper Flakes

28 ounce Italian Plum crushed or diced Tomatoes

Directions:

Heat 3 tablespoons of olive oil in a large skillet over medium-high heat. Add onion and stir.

Add whole cauliflower. Add salt and crushed red pepper. Pour in the tomatoes over cauliflower and bring the sauce to a rapid simmer. Cover, simmer until the cauliflower is tender and the sauce has thickened, about 20-30 minutes.

This can be done with green beans as well!