



Fiesta Riced Carrot with Jalapeño Crema

By Chef Veera Gaul, Ph.D.



Ingredients

14 oz carrots
2 tablespoons O&V [Garlic EVOO](#) *
¼ - ½ onion, minced
4 cloves garlic, minced
1 red bell pepper, chopped
1 jalapeño, minced (adjust to taste)
1 tablespoon cumin powder (see Chef Note)
1 ½ cups corn (off the cob or frozen)
1 cup black beans, rinsed and drained
2 teaspoons O&V [Guacamole Dip](#) *
1 tablespoon water
½ cup cilantro, chopped
2 tablespoons lime juice (1 lime)

Jalapeño Crema

1-2 jalapeño pepper, chopped (deseed to reduce heat)
1 cup fresh cilantro leaves and small stems (replace with parsley if you prefer)
¼ cup O&V [Allioli Sauce](#) *
¼ cup sour cream (see Chef Note)
2 tablespoons fresh lime juice

1 tablespoon fresh lime zest
½ teaspoon cumin powder
1 ½ tablespoon O&V [Unflavored EVOO](#) or [Jalapeño oil](#) (for additional heat) *
1- 2 cloves garlic, peeled and roughly chopped
¼ teaspoon salt
Fresh cracked pepper to taste

Preparation

Cut the carrots into large chunks and rice in a food processor by pulsing multiple times until the carrots resemble pieces of rice. Remove from the food processor and place on a clean kitchen towel. Remove as much moisture as possible.

Soak the Guacamole dip mix in the water until the herbs are rehydrated.

Heat the oil in a large skillet. Sauté the onions in the oil for 2-4 minutes until translucent but not browned. Add the garlic, jalapeño, bell peppers and cumin. Sauté for 4-5 minutes till the bell peppers soften slightly and the cumin and garlic are aromatic. Add the riced carrots and quickly toss to combine, sauté till carrot is softened but not mushy (about 2 minutes).

Add the corn, black beans and combine well. Remove from heat. Stir in the cilantro, lime juice and guacamole seasoning mix.

Place all Crema ingredients in a blender and blend till smooth. Adjust the seasoning to taste. Jalapeños vary in spiciness so feel free to add some Jalapeño Grape seed oil to increase heat, or de-seed the peppers to reduce heat.

Serve the fiesta carrot rice as a side dish drizzled with a little Jalapeño crema (you may not need all of it).

Serves 4-6
Total Time 20 minutes

Chef Note

You can make this crema vegan by either substituting the sour cream for vegan sour cream, or eliminating it and using ½ cup of [Allioli Sauce](#)

While store bought cumin powder will work just fine in this recipe, I prefer to toast some cumin seeds in a dry pan and then use a mortar & pestle to grind them into the powder – this brings out the intensity of the aromas and flavors.

Notes

* The [Garlic EVOO](#) adds another layer of garlicky flavor, you can use an [Unflavored EVOO](#) and double the garlic if you prefer. In the crema you can reduce or even eliminate the fresh jalapeños and use the [Jalapeño oil](#) instead – it adds amazingly delicious spice.

* This [Guacamole Dip](#) creates the remarkable flavor of this riced carrot dish, and is difficult to replace, but you may try it with a high quality or home-made taco seasoning which will certainly change the flavors but keep the Mexican theme. I love the garlicky flavor of the [Allioli Sauce](#) or you can double the sour cream and the garlic and add additional salt to your version.

Categories: Entrée, Snacks & Sides, Gluten Free, Vegetarian, Vegan, Dairy Free, Fiesta Rice, Riced Carrots, Mexican Inspired, Taco Tuesday, Family Taco Night, Vegetarian Burrito Bowl, Corn, Black Bean, Spicy Sauce, Mexican Jalapeño Crema, Spicy Dipping Sauce, Garlic EVOO, Guacamole Dip, Allioli Sauce, Jalapeño Oil