Ways to Use Cauliflower in Your Comfort Food Meals

If you are trying to make comfort food for yourself or your family, but you are concerned about the amount of fat, calories, and carbohydrates the meal is going to have, cauliflower is going to be your new best friend. Cauliflower has a bland taste, similar to tofu, where it easily picks up any seasonings you prepare it with. It also has a good consistency to be turned into other foods for ‘mock’ versions of the more fattening favorites. Here are some different ways to use cauliflower as a substitution in your favorite comfort food meals.

**Use it On Your Shepherd’s Pie**

Shepherd’s pie is a classic comfort food that many people still enjoy. The meat and veggies portion is relatively healthy and can be great if you are on a low-carb diet. The problem is that it is usually covered with mashed potatoes made with lots of butter, along with shredded cheese on top. A good way to cut back on the fat a little is to add more veggies on top by using cauliflower. You can put cauliflower florets into a food processor and turn them into mock mashed potatoes, then put them on your shepherd’s pie.

**Replace Your Potatoes**

In addition to replacing the potatoes on a shepherd’s pie, cauliflower can usually replace potatoes in any other comfort food dish you want to prepare. They can taste just like mashed potatoes with the right amount of seasonings. They are perfect if your main objective to potatoes is that they lack proper nutrition and are high in carbohydrates, since you can still use butter and milk and season them in the same way as you would regular mashed potatoes. Try them with your chicken fried steak or on the side of your favorite turkey dinner.

**Turn it Into Rice**

Another food that you can use cauliflower for in your comfort food meals is rice. Rice is also high in carbohydrates and doesn’t contain a lot of nutrients unless you use brown rice or whole grain rice. However, if you want it to resemble white rice, you can use your food processor to get a rice consistency, then make it how you normally would. A lot of people not just on low-carb diets, but diets like paleo and keto are turning to cauliflower rice.

**Thicken Your Soup or Chili**

Cauliflower is excellent when you want to thicken up your liquid-based meal, such as when you are making a cream soup and need it a little thicker without adding a ton of calories, or if you want another vegetable to replace meat in your chili.