

Vegetarian Burrito Bowl

<u>Code</u>
\$, V, DF, Q, GF

Ingredients Needed:

- 1 tablespoons olive oil
- 1 cup basmati or brown rice
- 2 cloves garlic, minced
- 2 15.5-oz. cans black beans, drained and rinsed
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 avocado, pitted, peeled and diced
- 2 tablespoons lime juice
- 1 1/2 cups corn kernels, fresh or frozen, thawed if frozen
- 1 1/2 cups cherry tomatoes, quartered

<u>Nutrition Facts:</u>	
Yield	\$2.23 per serving, yields 4
Calories	470
Total Fat	15 g
Sat Fat	2 g
Sodium	636 mg
Fiber	14 g
Carbohydrates	85 g
Cholesterol	0 mg
Protein	12 g

Recipe Directions:

- Cook rice according to package
- Heat 1 tablespoon of oil in a separate skillet over medium heat
- Add garlic and sauté for about 30 seconds
- Stir in 1/2 cup water, beans, chili powder and cumin and bring to a simmer. Cook until most of liquid has evaporated about 5 to 7 minutes (Stir once or twice)
- Combine avocados and lime juice in a medium bowl. Divide rice among 4 bowls. Top with rice, bean mixture, corn, tomatoes and avocados
- Serve with garnishes and chips on the side, if desired.

