

These burrito bowls have become a family favorite because they are tasty and filling. They are one of *my* favorites because the ingredients come together quickly, and I can keep the ingredients on hand for the nights when I am struggling to answer the 'what's for dinner' question. The red bell pepper/onion mixture adds flavor and color, so be sure to include them!

(makes ~4 large servings)

Ingredients

2-3 cans low sodium black beans (Or 1 bag dried black beans, cooked in a pressure cooker...

OR 1-2 bags frozen black beans, cooked on the stovetop)

2-3 red bell peppers, sliced (Or 1 bag frozen assorted, chopped bell peppers)

1 Large (or 2 small) purple onions

1 head Romaine lettuce

2 Cups Steamed brown rice or quinoa (~1/2 Cup per bowl)

Fresh medium salsa (Pico de Gallo)

Avocado plain or guacamole

Fresh cilantro

Baked corn tortillas or corn chips for garnish

Utensils

Sharp Knife / Cutting board - to cut bell peppers, onions, lettuce, and cilantro

Butter knife / spoon - for avocado

Pot, or rice pot - for steamed rice / quinoa

Medium pan - to saute veggies

Pressure cooker - if you want to cook dried beans, or if you use for the rice

6-7 Bowls - enough to keep items separate, only if you want!

Directions

1. Cook rice or quinoa, according to package directions.
2. Rinse and Chop Romaine lettuce. I chop a big bowl for easy leftovers.
3. Chop and Sauté peppers and onion in a small amount of water until soft and slightly blackened. You may need to add more water over time.
4. Open, drain, and rinse canned beans and heat in the microwave (or cook dried black beans if you want to start from scratch). Mix beans with fresh chopped cilantro, salsa, or leave plain. Set aside.
5. Assembly: Once the beans, rice and peppers/onions are cooked, assemble your burrito bowl starting with either the rice or the lettuce – your choice. For example, layer lettuce, rice, beans, peppers, avocado, salsa, topped with cilantro. Crush some corn chips/baked corn tortillas on top for garnish. Customize your burrito bowl to your individual taste. Enjoy!

P.S. Keep rice, canned beans, frozen peppers, packaged avocado on hand for those times when you haven't made it to the market. They are some of my staples!