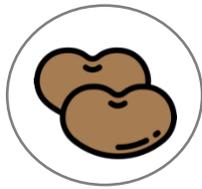


Burrito Bowls

Ingredients



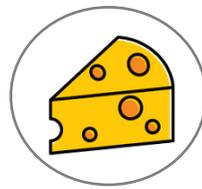
Rice



Black Beans



Tomato



Cheese



Meat of Your Choice

Instructions

Prep:

Prep Time: 5 minutes

Ingredients: (per one bowl)

- 1 cup rice (cooked or uncooked)
- ½ cup black beans (cooked)
- ½ tomato (diced) or 1/3 cup salsa
- Handful of shredded cheese
- 1 serving of meat of your choice (optional)

Optional:

- Add in any kind of meat for added protein. Chicken breast, pork, and ground beef pair well with the burrito bowls.
- Cumin, garlic powder, onion powder, paprika, and chili powder are great seasonings for the beans and meat.
- Add ingredients such as corn, lettuce, bell peppers, and red onion for added flavor
- Add toppings such as avocado, sliced green onion, chopped cilantro, lime juice, sliced jalapeños, hot sauce, or sour cream

Optional:

- This is a great meal to throw together when you don't have a lot of time to cook. Make a large batch of rice, beans, and meat to use to throw together this quick and easy meal throughout the week!

Cook:

Cook Time: 20-25 minutes

1. *(Meat)* Preheat a pan over medium heat with oil. Add the meat to the pan and cook for 5-7 minutes on each side, or until thoroughly cooked through. Season to your liking. Chop into bite-size pieces and set aside.
2. *(Rice)* Add rice, salt, and water to a medium pot. A general guideline is 2 cups of water for every 1 cup of rice. Place a lid on the pot, turn the heat on to high and wait for the water to boil. Once boiling, turn the heat down to low and let it simmer for 15 minutes, or until cooked.
3. *(Beans)* Add the beans on a pan with some oil on medium heat. Add salt, pepper, and any additional spices. Stir often until the beans are heated or until browned (about 5 minutes) and take off the heat. Set aside.
4. *(Build)* Once everything is cooked, build the bowls. Start with a cup of rice, then the beans and meat (if using), tomatoes or salsa, and top with a handful of shredded cheese. Top with ingredients of your choosing.
5. Enjoy!

Cooking Tips:

- Use the same pan to cook the meat and beans. After the meat is done cooking, transfer the meat to a dish and then cook the beans.

