

Making it delicious

Black Bean Burrito Bowls



Ingredients

- 1 cup dry white rice
- 1 ½ cups water
- ¼ tsp. salt
- 1 can black beans, drained & rinsed
- 1-2 Tbsp. taco seasoning* (*optional*)

Topping Ideas:

Shredded lettuce, tomatoes, corn, bell peppers, shredded cabbage, avocado, cilantro, red onion, salsa, cheese, sour cream, lime wedges

Creamy Lime Dressing:

- ½ cup Sour cream
- ⅓ cup Mayonnaise
- 2 Tbsp. lime juice (1 lime)
- 1 tsp. Garlic powder



Instructions

Dressing recipe from natashaskitchen.com "Easy Taco Salad Recipe"

- Combine the rice, water and salt in a covered saucepan. Bring to a boil, then reduce to a simmer and cook for 15-20 minutes, until the rice has absorbed all the water. Set aside.
- Drain and rinse the black beans, and season them with taco seasoning, if desired.
- To make the Creamy Lime Dressing, whisk together the sour cream and mayonnaise in a bowl, then whisk in the lime juice and the garlic powder.
- Prepare the lettuce, tomatoes, and any other toppings of choice.
- To build the burrito bowls, scoop some rice and beans into each bowl, then add toppings.
- Drizzle with the Creamy Lime Dressing.

*Taco Seasoning (makes 1 cup):

- 4 Tbsp. chili powder
- 2 Tbsp. each: cumin & paprika
- 1 Tbsp. each: onion powder & garlic powder
- 2 tsp. salt
- 1 tsp. black pepper
- ½ tsp. cayenne pepper (or leave this out, if you prefer a less spicy mixture)