



Cardiovascular and Risk Reduction Center

HEARTY BEAN BURRITO BOWL

Total Time: 30 min Level: Easy Yield: 4 servings

Ingredients:

- About 2 tbsp. fresh lime juice
- About 2 tbsp. olive oil
- ½ tsp. ground cumin (Optional)
- Kosher salt and pepper
- 2 c. cooked brown rice
- 1 can black beans
- ½ head romaine lettuce or 1-2 c spinach
- 1 c. roughly chopped fresh cilantro
- 2 c. grape tomatoes or chopped tomatoes
- 1 avocado (Optional)
- ½ small red onion
- low-fat sour cream or *Healthier Option*: non-fat Greek yogurt
- lime wedges (Optional)
- hot sauce (Optional)



Alternative: Instead of serving in a bowl form, also try serving as a wrap. Substitute whole grain tortilla wrap for chips and enjoy!

Also Try: Chop up a few extra veggies and save these for a stir-fry style meal the next day, or toss them into scrambled eggs the next day for a complete breakfast!

Directions:

1. Dressing: In a small bowl, whisk together the lime juice, oil, cumin, and 1/2 teaspoon each salt and pepper.
2. Divide the rice and beans among serving bowls. Top with the lettuce, cilantro, tomatoes, and avocado.
3. Sprinkle with the red onion, then drizzle with the dressing. Serve with sour cream (or unflavored Greek yogurt), tortilla chips (optional), lime wedges, and hot sauce, if desired. Enjoy!