

# Burrito Bowls



**Makes 4 servings Prep 5 Minutes Cook 20 Minutes**

## Ingredients

2 cups uncooked long grain white rice  
½ tsp salt  
1 15 oz cans black beans  
1 tsp olive oil  
1 cup frozen pepper and onion mix  
1 cup frozen edamame (optional)  
1 tsp ground cumin  
½ tsp garlic powder  
1 16 oz jar salsa  
1 cup shredded cheese  
1 bunch green onions, chopped  
1 jalapeno, minced  
1 avocado, cubed (optional)

# Burrito Bowls

## Directions

1. Add the rice, salt, and 3 cups water to a medium sauce pot. Place a lid on top, turn the heat on to high, and allow the water to come up to a full boil. Once boiling, turn the heat down to low and let it continue to simmer for 15 minutes. After 15 minutes, turn the heat off and let it sit, with the lid in place, for an additional five minutes. Fluff just before serving.
2. While the rice is cooking, shred the cheese, chop the green onions, and mince the jalapeno. Set aside.
3. Make the beans and veggies. Heat a sauce pan over medium heat and add the olive oil. Once the olive oil is heated, add the pepper and onion mix and edamame. Once thawed, add both cans of black beans (undrained), along with the cumin, and garlic powder. Stir often, until heated through.
4. Once the rice is cooked, build the bowls. Add one cup cooked rice, ½ cup warm black bean mix, ⅓ cup salsa, and 1 oz. shredded cheese (about ¼ cup) to each bowl. Top with a few sliced green onions, jalapeños and avocado, then serve.

Recipe adapted from Budget Bytes Poor Man's Burrito Bowls:  
<https://www.budgetbytes.com/poor-mans-burrito-bowls/>

You can find more information on nutrition and healthy eating at  
[www.grandeprairiepcn.com/resources/dietitiantip](http://www.grandeprairiepcn.com/resources/dietitiantip)

