



## Burrito Bowl

Serves 4

### INGREDIENTS

1 cup brown rice  
2 15oz cans of black or adzuki beans (Eden Organics is a great brand)  
4 green onions, sliced  
2 limes, juiced  
4 garlic cloves, minced  
1 heaping teaspoon cumin  
2 avocados, sliced  
small handful of cilantro, chopped



Cook brown rice by combining 2 cups of water with 1 cup of brown rice in a pot over high heat. When the water comes to a boil, cover the pot and turn heat down to the lowest setting for 45 minutes. (Do not stir. Simply set a timer and let the rice cook.) **I usually cook my rice with organic vegetable broth and some chopped garlic for added flavor.**

While rice is cooking, open the cans of beans and pour into a small saucepan over low heat. Stir in the onions, lime juice, garlic, and cumin and let flavors combine for 10-15 minutes.

When rice is done cooking, put rice into individual serving bowls. Top with beans, avocado, and cilantro.