

Tex-Mex Bowl

Prep	Cook	Total
10 min	10 min	20 min

Yield: 6

Serving: 6

Ingredients

1 **red onion** *diced*
2 t **minced garlic**
1 **orange bell pepper** *diced*
1 **red bell pepper** *diced*
fine-grain sea salt and freshly ground black pepper
1 **tbsp chili powder**
1 $\frac{1}{2}$ **tsp ground cumin**
1 **tsp smoked sweet paprika** *or $\frac{1}{2}$ tsp regular paprika*
1 $\frac{1}{4}$ **tsp fine-grain sea salt**
 $\frac{1}{2}$ **tsp ground coriander** *(optional)*
 $\frac{1}{2}$ **tsp cayenne pepper** *(optional)*
1 **cup frozen corn** *or fresh*
1 (14-ounce) can **diced tomatoes** *with their juices*
1 **cup tomato sauce** *or tomato puree*
2-3 **cups chopped kale leaves** *or baby spinach*
1 (15-ounce) can **black beans** *drained and rinsed*

Directions

In a large skillet, saute (using water) the onion, garlic and bell pepper over medium heat for 7 to 8 minutes, until softened. Season with salt and black pepper, if desired.

Stir in the spices, corn, diced tomatoes and their juices, tomato sauce, kale or spinach, and beans. Sauté for a few minutes and season with more salt and black pepper, if desired.

Eat over chopped romaine or brown rice, or roll in a whole wheat or corn tortilla.