

Burrito Bowl

This recipe is derived from Arbonne's 30 days to Healthy Living Program

Serves 2-4

Ingredients

1 head of romaine lettuce, shredded

¼ cup dry brown rice

¾ cup cooked black beans

2 red peppers, sliced

8 mushrooms, sliced

Half a tsp each of chile powder & cumin

pinch of sea salt & pepper

1 medium avocado

4 medium tomatoes, diced

half a red onion, diced

2 tbsp fresh cilantro, chopped

1 green chile of your choice, sliced (I use jalapeno, but I like spicy)

Juice of 1 lime

2 cups cooked organic chicken, shredded or chopped (optional)

Directions

Cook the brown rice per package instructions. While that is cooking, heat a little olive oil in a pan and add the mushrooms and red peppers and cook for 5-7 minutes on low. Add the beans and the spices and cook for a further 3 minutes. Mash the avocado. Mix together the diced tomato and red onion with the sliced green chile. Once the rice is cooked, drain it and stir in the lime juice. Construct the burrito bowl by first putting in the shredded lettuce, then topping it with the lime rice, then the bean and vegetable mix, chicken (for meat option), and then topping it with the tomato and onion mix and the mashed avocado. Enjoy!

*My kids love to make their own bowls using the ingredients they like (I also add cheese for them), but the avocado makes a great supplement for cheese if you are dairy-free.

*There is plenty of protein in this dish, but if you are a vegetarian, and would like a "veggie meat" option, you can add Morning Star Farms- Veggie Grillers Crumbles

- Brittany Morgan Sell