

# Recipe

## PURPLE BURRITO BOWL WITH AVOCADO MANGO SALSA



### INGREDIENTS: THE BEAN FILLING

1 tsp (5 mL) vegetable oil  
 3 cups (560 g) cooked red kidney beans (or 2x 15 oz can of bean of choice)  
 1 tomato, chopped  
 1/4 cup (60 mL) water  
 1 Tbsp (7 g) onion powder  
 1 Tbsp (4 g) oregano  
 3-4 leaves of basil  
 1/2 tsp paprika  
 1/8 tsp ground black pepper  
 1/8 tsp chili pepper  
 2 Tbsp (30 mL) ketchup or hot sauce (optional)

### INGREDIENTS: THE GARNISH

4 tortillas (gluten-free if desired)  
 1/2 red cabbage, cut into thin strips  
 1 red bell pepper, cut into strips  
 2 stalks green onion, chopped  
 1/4 cup (15 g) cilantro, chopped

**ingredients continued on next page...**

► ▷ Vegan, gluten-free, soy-free, refined sugar-free, nut-free

**Yield:** 4 servings

**Prep Time:** 10 min

**Cook Time:** 10 min

**Total Time:** 20 min

### DIRECTIONS

1. Add oil, beans, and chopped tomato to a medium-sized pot on medium-high heat. Stir to combine. Continue to stir for 3-5 minutes until the tomatoes and beans have heated and softened.
2. Reduce to medium heat and add the water and bean-filling spices. Partially cover.
3. While the beans are marinating in spices on the stove, place all salsa ingredients into a bowl and mix to combine.
4. Return periodically to the beans and stir to avoid burning. Feel free to mash beans into a chunky puree if desired.
5. After 10-15 minutes on the stove, the beans are ready. Until ready to serve, reduce the heat to low and add a splash of water if needed to allow the spices to continue to infuse into the beans.
6. Toast the tortilla wraps, cut the cabbage and prepare the garnish.

### THE ASSEMBLY

1. Place tortilla on plate.
2. Add cabbage.
3. Add bean filling.
4. Add salsa.
5. Add garnish.
6. Devour.

# *... Recipe Continued*

## PURPLE BURRITO BOWL WITH AVOCADO MANGO SALSA

### INGREDIENTS: THE SALSA

- 1 avocado, cubed
- 1 large mango (or 2 small), cubed
- 2 medium tomatoes, cubed
- ½ lime, juiced (~1 Tbsp or 15 mL)
- ¼ cup (15 g) cilantro, diced
- ½ medium red onion, diced

### NOTES

If you have any extra sauces feel free to add it to the bean recipe. I imagine any hot sauce, BBQ-type sauce, curry or thai coconut sauce would taste divine.

Enjoy!



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