



quinoa black bean burrito bowls

Servings
4 servings

Prep Time
5 minutes

Cook Time
30 minutes

Kosher Key
Dairy or Parve

Description

Cilantro lime quinoa with simmered black beans, lettuce & your choice of toppings. Lunch, dinner, easy, healthy, gluten free, vegan or vegetarian.

Ingredients

- 1 cup quinoa
- 1 tbsp olive oil
- 1/4 cup onion minced
- 1 clove garlic minced
- 30 oz cooked black beans or 2 cans, drained and rinsed
- 1/4 cup fresh cilantro chopped
- 1/4 tsp chili powder mild
- Pinch cayenne pepper spicy
- 1/4 cup fresh lime juice
- 1 cup shredded lettuce
- Salt

Optional Topping Ingredients

- Grated cheddar or jack cheese
- Sour cream or Greek yogurt
- Pico de gallo or salsa
- Diced seeded tomatoes
- Hot sauce or sriracha
- Sliced avocado
- Guacamole
- Corn

Recipe Notes

Nutrition Facts listed are per bowl, and will vary based on toppings used.

Instructions

1. Rinse the quinoa thoroughly in a mesh strainer or sieve, drain.
2. Pour quinoa into a saucepan along with 2 cups of water. Bring the quinoa to a boil, then reduce heat to a low simmer. Cover the pot. Let the quinoa simmer for about 20 minutes till it becomes tender and all the liquid has been absorbed. Keep a close eye to make sure the quinoa doesn't burn.
3. While quinoa is cooking, heat 1 tbsp of oil in another saucepan over medium heat. Pour minced onion into the saucepan and saute for a few minutes till it softens and begins to turn brown. Add the minced garlic to the pot and let it saute for 1-2 minutes longer till aromatic.
4. Add the black beans to the pot of onions along with 1/2 cup water, 2 tbsp of chopped fresh cilantro, chili powder and cayenne pepper. Bring the beans to a boil, then reduce heat to medium low. Let the beans simmer for 15 minutes till the liquid is mostly evaporated. Stir in 2 tbsp of fresh lime juice. Season with salt to taste.
5. When the quinoa is fully cooked, remove from heat and fluff with a fork. Use the fork to mix in 2 tbsp of chopped cilantro and 2 tbsp fresh lime juice. Season with salt to taste.
6. Assemble your burrito bowls. Divide the cilantro lime quinoa between four bowls.
7. Top each portion of quinoa with 1/4 cup of shredded lettuce.
8. Top each portion of lettuce with simmered black beans.
9. Top the black beans with your choice of Optional Topping Ingredients (ideas listed above). Serve warm.

Nutrition Facts	
Quinoa Black Bean Burrito Bowls	
Amount Per Serving	
Calories 480	Calories from Fat 63
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Sodium 10mg	0%
Potassium 1051mg	30%
Total Carbohydrates 80g	27%
Dietary Fiber 21g	84%
Sugars 1g	
Protein 25g	50%
Vitamin A	4.4%
Vitamin C	7.6%
Calcium	8.1%
Iron	36%
* Percent Daily Values are based on a 2000 calorie diet.	