

Black Bean Breakfast Bowl

This black bean breakfast bowl is a quick breakfast if you're trying to avoid carbs.

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Servings: 2

Ingredients

- 2 tablespoons olive oil
- 4 eggs, beaten
- 1 (15 ounce) can black beans, drained and rinsed
- 1 avocado, peeled and sliced
- ¼ cup salsa
- salt and ground black pepper to taste

Directions

1. Heat olive oil in a small skillet over medium heat. Pour eggs into skillet; cook and stir eggs until set, 3 to 5 minutes.
2. Place black beans in a microwave-safe bowl. Microwave at High power until warm, about 1 minute. Divide between two bowls.
3. Divide scrambled eggs between each bowl; top each with avocado and salsa, then season with salt and black pepper.