



VEGETARIAN BURRITO BOWL

INGREDIENTS

- 1 cup of cooked brown rice
- 1/2 cup of black beans, rinsed and drained
- 2-3 teaspoons of salsa, or to taste
- 1 tablespoon of plain Greek yogurt
- 1 tablespoon of shredded cheddar

Directions

1. Prepare brown rice according to package instructions
2. In a microwave safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheese. Microwave on high for 30-60 second, or until heated through.
3. Add desired toppings such as diced avocado, diced tomato, guacamole, or pico de gallo. Get creative with a wide variety of toppings!

PREP TIME: 5 MINS

TOTAL TIME: 5 MINS

SERVING: 1 BOWL

Recipe From: <https://www.healthy-liv.com/5-minute-vegetarian-burrito-bowl/>

What's so great about a burrito bowl?

- Combining rice + beans = a complete protein
- Beans & rice are fiber rich for improved satiety
- Rich in whole grains for more nutrients
- Greek yogurt is a good source of protein and calcium.

