

Vegan Burrito Bowl



Ingredients:

- 1 cup Uncooked brown rice
- Seasoned black beans
- 1 small Onion, diced
- 3 tbsp. Olive oil
- 2 cans Black beans, drained and rinsed
- 2 tbsp. Chili powder
- 3 tsp. Cumin
- 1 tsp. Paprika
- ½ tsp. Garlic powder
- ½ tsp. Onion powder

Lime Marinated Kale

- 1 bunch Curly kale, ribs removed and chopped into small, bite-sized pieces
- 1 Lime, juiced (or ¼ cup lime juice)
- 2 tbsp. Olive oil
- ½ Jalapeño, seeded and finely chopped
- ½ tsp. Cumin
- ¼ tsp. Salt

Lime Onions

- 1 Red onion, sliced thinly
- 1 tbsp. Lime juice

Garnish

- Tomatoes, diced
- Avocado, diced

Directions:

1. Mix 1 cup rice with 2 cups water and bring to a bowl. Once boiling reduce heat to low, cover and let sit for 35 min. Remove from heat and let sit for 5 min. Fluff with fork.
2. While the rice is cooking, prep your other ingredients. Start with the seasoned black beans. Heat olive oil in a pan over medium heat. Add the diced onion and simmer for 15-20min being careful not to burn the onion. We want to caramelize the onion.
3. While the onion caramelizes, prep the lime marinated kale. Rip off all the leaves from the kale stems in small pieces into a large bowl. In a small bowl whisk together the remaining lime marinated kale ingredients and massage the marinade into the kale, this will soften the kale.
4. Next, prepare the lime onions. Add the 1 tbsp. lime juice to the red onion and massage the red onion by squeezing the pieces to soften them.
5. Add the black beans and seasoned black bean spices to the pan of onions and fry until beans heat up ~2min
6. Prepare your burrito bowl. Garnish with diced tomatoes and avocado.
7. Enjoy! 😊