

Brown Rice Black Bean Salad Burrito Bowls

Make 6 bowls.

For the bowls:

- 18 10" tortillas
- 12 cups thinly cut greens of your choice

For Chicken:

- 2 cups shredded chicken
- 3 tablespoons cilantro
- 1 teaspoon cumin
- ½ squeezed lime
- 2 tablespoons olive oil

For Black Bean salad:

- 1 can black beans, drained and rinsed
- ½ red onion minced
- 1 stalk celery finely diced
- 1 cup of any combination of diced red, yellow or orange bell pepper
- 2 cups corn, fresh or frozen
- 1 minced jalapeño
- ¼ cup chopped cilantro

For Bowls:

Preheat oven to 375. Arrange tortillas overlapping on the inside and up the sides of a 6 inch oven-proof bowl (I used a large ramekin style white baking dish). Mist with oil and line the tortillas with foil and pie weights on the bottom. Place in oven and bake for about 10-15 minutes until tortillas begin to get golden and crisp. Remove the weights and foil and gently take your bowl out of baking dish. Set aside. These can be made early and are good for several hours stored in a cool dry area.

For Chicken:

Combine all ingredients together. Adjust for seasoning and toss well until ready to serve.

For Bean Salad:

Heat oil in a medium skillet and add corn at medium heat. Stir occasionally and allow corn to caramelize. Season with salt and pepper. Let cool and then add to other ingredients of bean salad and mix to incorporate and adjust seasonings and salt and pepper to taste. Refrigerate or leave at room temperature.

For Mexican Meat:

Heat oil and brown chorizo and meat breaking up pieces and allowing to brown. Add onions and jalapeño and tomato paste in a skillet and sauté until translucent and add spices. If dry, you can add a little stock or water. Cover and simmer on low for about 20 min.

For Cilantro Brown Rice:

Heat butter on medium, sauté onions and garlic until translucent. Add rice, turn flame to high and coat rice well. When it sizzles, add stock, bring to a boil, lower flame and cover for about an hour until rice is done. Before serving stir in fresh squeezed lime and cilantro.

Assemble Bowls:

Divide lettuce in bowls and top with any desired toppings and drizzle with avocado dressing if desired. Garnish with some or all of recommended garnishes. Dig in!

For Mexican Meat:

- 1 lb ground beef
- 1 chorizo sausage link
- 2 tablespoons tomato paste
- 1 minced jalapeño
- 3 teaspoons cumin
- 1 teaspoon chili powder
- salt and pepper to taste

For Cilantro Brown Rice:

- 1 onion, finely diced
- 1½ cups brown long grain rice
- 3 cups chicken stock or broth
- 2 tablespoons butter

Optional garnishes: diced tomatoes, avocado, diced red onion, chopped cilantro, tortilla strips



Avocado Dressing

- ½ ripe avocado
- ½ cup Greek yogurt
- 1 freshly squeezed lime
- 1 teaspoon sugar
- 2 tablespoons olive oil
- ½ cup cilantro
- 1 clove garlic

In a blender or processor add all ingredients except for oil. Blend until smooth and slowly add oil. Season with salt and pepper to taste. You can thin your dressing out with water if too thick.

