

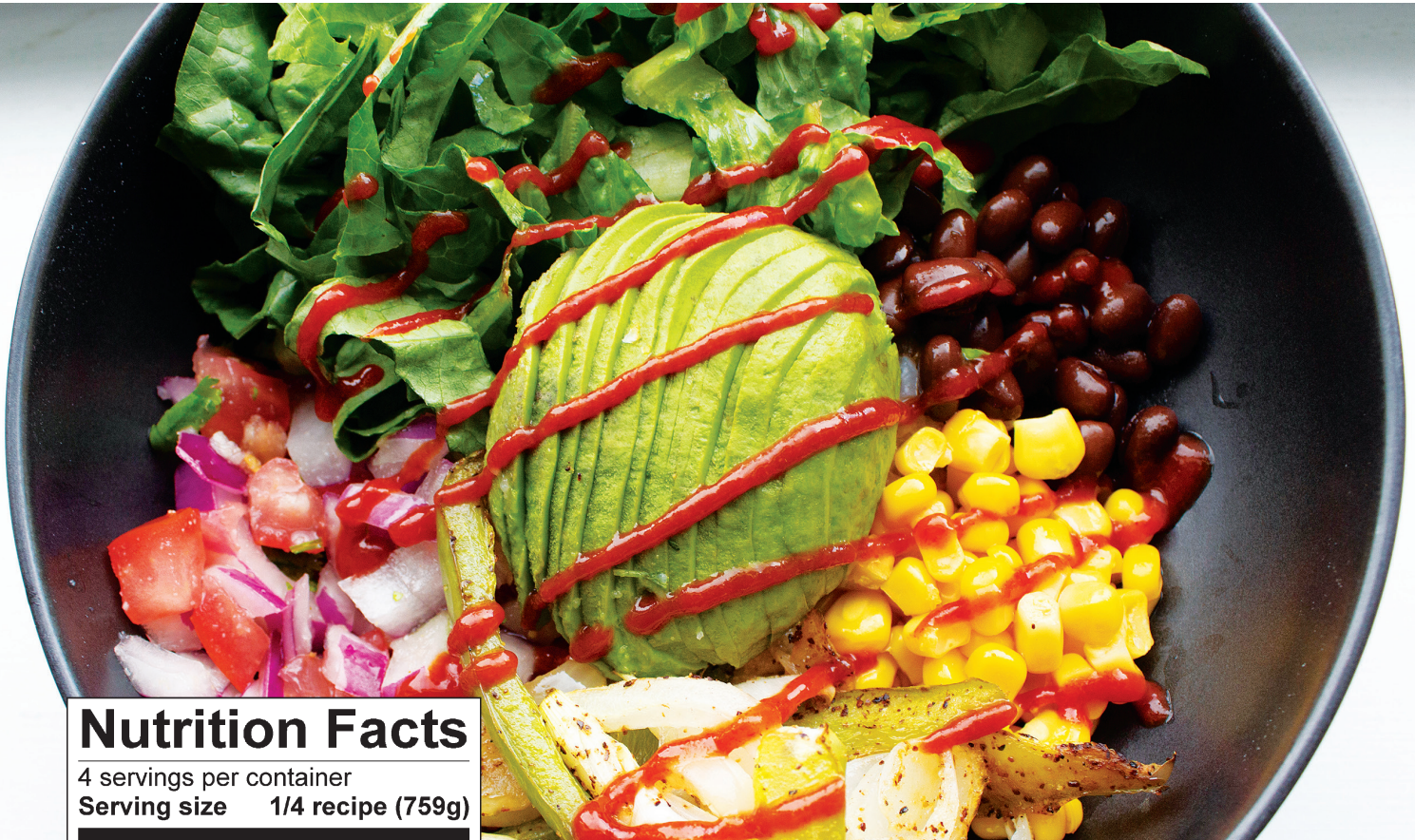


# Bangin' Burrito Bowl

Prep time: 10 MINUTES

Cook time: 35 MINUTES

Servings: 4



## Nutrition Facts

4 servings per container  
Serving size 1/4 recipe (759g)

Amount per serving  
**Calories 640**

	% Daily Value*
<b>Total Fat</b> 25g	<b>32%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 750mg	<b>33%</b>
<b>Total Carbohydrate</b> 92g	<b>33%</b>
Dietary Fiber 19g	<b>68%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 0mcg	0%
Calcium 149mg	10%
Iron 5mg	30%
Potassium 1580mg	35%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



## Ingredients:

- 1 large green bell pepper
- 1 large red bell pepper
- 4 cups romaine lettuce
- 1 large red onion
- 2 medium avocados
- 1 large tomato
- 2 tablespoons olive oil
- 1 tablespoon garlic powder
- 1 teaspoon ground black pepper
- 3 tablespoons sriracha
- ½ teaspoon salt
- 1 teaspoon chili powder
- 2 ½ cups low-sodium vegetable broth
- 1 cup brown rice
- ¼ cup cilantro
- ¼ cup lime juice
- 1 can (15.5 oz) unsalted black beans
- 1 can (15 oz) unsalted corn

Recipe adapted from Slice and Spice



An Equal Opportunity Institution

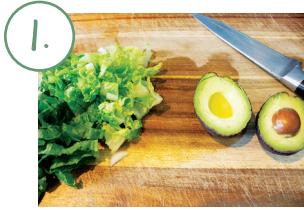


slice & spice  
dinner time is family time





# Instructions:



## 1. Prep

Preheat oven to 365°F. Rinse fresh produce. Slice bell peppers into ½ inch strips. Thinly slice the lettuce and half of the red onion. Cut the other half of the onion and the tomato into small dice. Cut each avocado into medium dice.



## 2. Roast vegetables

Place bell peppers and sliced red onions on a baking sheet lined with foil or parchment paper. Drizzle olive oil and add chili powder, 1 teaspoon garlic powder, ½ teaspoon ground black pepper, and ¼ teaspoon salt. Mix and bake for 20 minutes.



## 3. Cook rice

In a medium pot, add 2 cups vegetable broth and brown rice. Bring to a boil over medium-high heat. Reduce heat to medium-low and cover. Simmer for 20 minutes or until the water is absorbed. Allow to cool for 5 minutes then add 2 tablespoons cilantro and 2 tablespoons lime juice.



## 4. Cook black beans

Add black beans, ½ cup vegetable broth, 1 teaspoon garlic powder, and ½ teaspoon ground black pepper to a medium pot. Simmer for 5 to 10 minutes over medium-low heat or until tender.



## 5. Make salsa

Combine tomato, diced onion, 1 teaspoon garlic powder, 2 tablespoons lime juice, ¼ teaspoon salt, and 2 tablespoons cilantro in a medium bowl. Mix and set aside.

## 6. Prepare corn and final touches

Drain corn and set aside. Plate cilantro-lime brown rice, lettuce, salsa, roasted vegetables, corn, and black beans. Top with avocado and a drizzle of sriracha.

## Did you know ?

- » Red bell peppers are sweeter than green ones because bell peppers sweeten as they ripen.
- » Roasting vegetables is a quick, easy way to get in your veggies.

## Try these tips!

- » Line the baking sheet with parchment paper or aluminum foil to make the clean-up process easier.
- » Double or triple the salsa recipe as a perfect snack with whole-grain chips.