

Bean Burrito Bowl

This Bean Burrito Bowl's burst of southwest flavor comes from brown rice, black beans, and spices. Top with pico de gallo or your favorite salsa for an extra kick.

Makes: 6 servings

Ingredients

- 2 cans low-sodium pinto beans, drained and rinsed
- ¼ cup chopped onions
- 1 teaspoon garlic powder
- black pepper to taste
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon onion powder
- ½ teaspoon salt
- 3 cups water, divided
- ¼ cup tomato paste
- 1 cup brown long-grain rice, cooked according to package instructions
- ¼ cup cilantro, finely chopped
- ½ cup shredded cheddar cheese
- pico de gallo or salsa



Directions

1. Combine beans, onions, garlic powder, ground black pepper, chili powder, ground cumin, paprika, onion powder, salt, water, and tomato paste in a medium saucepan. Stir well. Simmer

over medium heat uncovered for 15 minutes, stirring occasionally.

2. Fold cilantro into cooked rice. Set aside.
3. Assemble burrito bowls with rice, bean mixture and shredded cheese. Top with pico de gallo or your favorite salsa.

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