

Healthy Burrito Bowl

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-mexican-bowls-recipe>

Ingredients:

- 2 cups brown rice prepared
- 2 cups red quinoa prepared
- 2 cans pinto beans drained and rinsed
- 1 tablespoon taco seasoning
- 3 cups butternut squash peeled, and cut into 1 inch cubes
- 1 red onion cut into slivers
- 1 red bell pepper cut into bite sized pieces similar to the the butternut squash pieces
- 2 limes juiced
- 1 tablespoon taco seasoning
- 1 cup grape tomatoes cut in halves
- 1 cup corn salsa
- 1/4 cup sour cream cashew
- 2 avocados cut into thin slices
- 1 jalapeno deseeded, deveined, and sliced thin
- 1/4 cup salsa choice
- 1/2 cup chili sauce creamy green
- 1/4 cup chopped cilantro

Nutrition:

1. Calories: 1040 calories
2. Carbohydrate: 182 grams
3. Cholesterol: 5 milligrams
4. Fat: 26 grams
5. Fiber: 25 grams
6. Protein: 31 grams
7. SaturatedFat: 6 grams
8. Sodium: 1190 milligrams
9. Sugar: 15 grams

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