

Vegan Burrito Bowl

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-bowl-recipe-vegetarian>

Ingredients:

- 2 tablespoons olive oil
- 1/2 yellow onion minced
- 3 cloves garlic minced
- 15 ounces chopped tomatoes w/green chiles
- 1/4 jalapeño chopped
- 1 cup brown rice
- 1 1/2 cups vegetable broth
- 1/2 teaspoon cumin
- 1/4 teaspoon coriander
- 1/2 teaspoon oregano
- salt
- black pepper
- 1 tablespoon olive oil
- 1/4 cup yellow onion chopped
- 1/4 teaspoon cumin
- 1/4 teaspoon smoked paprika
- 1 clove garlic minced
- 1/4 cup vegetable broth
- 15 ounces black beans drained and rinsed
- 1 cup fresh parsley
- 1/2 cup olive oil
- 1/3 cup red wine vinegar
- 3 cloves garlic
- 1/2 cup cilantro
- 3/4 teaspoon ground red pepper adjust to your spice preference
- 1/2 teaspoon cumin
- 1 dash salt
- tomatoes
- corn
- red cabbage
- guacamole

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 74 grams
3. Fat: 39 grams
4. Fiber: 13 grams
5. Protein: 14 grams
6. SaturatedFat: 6 grams
7. Sodium: 1180 milligrams
8. Sugar: 8 grams

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