

Mexican Burrito Bowl

Yield: 4 min
Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-burrito-beans-recipe>

Ingredients:

- 1 cup rice sona masoori or any other with you use for eating. I have used sona masoori here.
- 2 cups water
- salt to taste
- 1 teaspoon cumin powder
- 1 tablespoon cilantro chopped
- 1 teaspoon lemon juice
- 1 cup beans soaked. I have used black beans. You can use kidney beans or any other beans of choice
- 2 cups water
- 1 teaspoon cumin powder Roasted
- 1 teaspoon Garam Masala
- 1/8 teaspoon amchur replace with lemon juice if you dont have this
- 1/4 teaspoon chat masala
- 1/2 teaspoon red chili powder
- salt to taste
- 1 red capsicum chopped lengthwise
- 1 capsicum nos Yellow, chopped lengthwise
- 1 white onion chopped lengthwise
- salt To taste
- 1 teaspoon cumin powder
- 1 teaspoon red chili powder use paprika for less heat
- 1/2 tablespoon olive oil
- 1 avocado ripe, medium sized
- 1/4 cup red onion finely chopped
- 1/4 cup tomato finely chopped
- 1/2 cup cilantro finely chopped
- 2 tablespoons lemon juice adjust to taste if required
- 1 jalapeño finely chopped, with seeds
- salt to taste
- 1/4 teaspoon red chili flakes use black pepper powder instead
- 1 head lettuce roughly chopped
- salt to taste
- 1 teaspoon lemon juice
- 1/4 teaspoon olive oil

- 1/4 teaspoon balsamic glaze optional
- 1/4 teaspoon pepper powder black
- 1 tomato roma, finely chopped
- 1 onion white, finely chopped
- 1/2 cup cilantro finely chopped
- 1 jalapeño deseeded, finely chopped, use Serrano peppers instead
- 1 tablespoon lime juice
- 1/4 teaspoon cumin powder
- salt to taste
- pepper to taste, powder black
- 1 cup sweet corn kernels fresh/frozen
- 3 cups water
- salt to taste
- 1/8 teaspoon cumin powder
- 1 tablespoon Sour Cream
- 1/4 cup grated cheese choice use a blend for a better taste, optional

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 11 grams
6. Protein: 7 grams
7. SaturatedFat: 2 grams
8. Sodium: 1440 milligrams
9. Sugar: 9 grams

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