

Kale, Black Bean and Avocado Burrito Bowl

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-vegan-mexican-food-with-brown-rice>

Ingredients:

- 1 cup brown rice rinsed, short grain/arborio or long grain/basmati recommended
- 1/4 teaspoon salt
- 1 bunch curly kale ribs removed and chopped into small, bite-sized pieces
- 1/4 cup lime juice
- 2 tablespoons olive oil
- 1/2 jalapeño seeded and finely chopped
- 1/2 teaspoon cumin
- 1/4 teaspoon salt
- 1 avocado pitted and sliced into big chunks
- 1/2 cup salsa verde mild, any good green salsa will do
- 1/2 cup cilantro leaves fresh, a few stems are ok
- 1 lime juiced
- 2 cans black beans black, rinsed and drained, or 4 cups cooked black beans
- 1 shallot finely chopped, or 1/2 cup chopped red onion
- 3 cloves garlic pressed or minced
- 1/4 teaspoon chili powder
- 1/4 teaspoon cayenne pepper optional
- cherry tomatoes sliced into thin rounds
- hot sauce optional

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 101 grams
3. Fat: 18 grams
4. Fiber: 23 grams
5. Protein: 23 grams
6. SaturatedFat: 2.5 grams

7. Sodium: 1470 milligrams

8. Sugar: 4 grams

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