

Black Bean and Veggie Protein Bowl



Adapted from: Feel Good Foodie

Recipe link: <https://feelgoodfoodie.net/recipe/chicken-burrito-bowl-cilantro-lime-rice/>

Ingredients

- 1 tbsp oil of choice (olive, canola, etc.)
 - ½ cup chopped yellow pepper
 - ½ cup diced tomatoes
 - 2 sliced mushrooms
 - ¼ sliced green onion
- 1/2 cup chopped lettuce
 - 15 oz can black beans
 - 1 cup cooked rice (white or brown)
 - 1 tbsp taco seasoning

Instructions

1. In a large pot, bring 2 cups of water to a boil over the stove.
2. When the water has returned to a boil, stir in the rice. Let the water return to a light simmer. Stir again, cover the pot and turn the heat down to low. Keep the rice simmering slightly, and keep the pot covered (you may have to peek after a few minutes to make sure the heat is at the correct temperature, but then let it cook, covered). Start checking to see if the rice is tender and all of the liquid is absorbed at about 17 minutes. It may take up to 25, especially if you are making a larger quantity of rice.
3. While the rice is cooking, chop yellow pepper, dice tomatoes, slice mushrooms and green onions, and chop lettuce.
4. When the rice is cooked, turn off the heat and let it sit for another couple of minutes to finish absorbing any liquid. Take off the lid, fluff the rice with a fork and let it sit for another 2 minutes or so, so that some of the excess moisture in the rice dries off.
5. Add 1 tbsp oil to a pan over medium heat. Add peppers and mushrooms. Add taco seasoning to vegetables and cook for approximately 10 minutes or until soft. Remove from heat once cooked.
6. Drain 15 oz can of black beans, rinse beans with water, and set aside.
7. Add 1-2 scoops of rice to bottom of a medium bowl.
8. Add ¼ cup black beans, cooked peppers and mushrooms, diced tomatoes, and chopped lettuce to bowl.
9. Top with a sprinkle of sliced green onions and enjoy!