

Black Bean Breakfast Bowl

Jacob · 28/09/2024

**Prep Time**

15 mins

Difficult

Medium

Servings

2

Description

This black bean breakfast bowl is a quick breakfast if you're trying to avoid carbs

Ingredients

- - 2 tablespoons olive oil - 4 eggs
- beaten - 1 (15 ounce) can black beans
- drained and rinsed - 1 avocado
- peeled and sliced - ¼ cup salsa - salt and ground black pepper to taste

Instructions

1. Heat olive oil in a small skillet over medium heat. Pour eggs into skillet; cook and stir eggs until set
2. 3 to 5 minutes. Place black beans in a microwave-safe bowl. Microwave at High power until warm
3. about 1 minute. Divide between two bowls. Divide scrambled eggs between each bowl; top each with avocado and salsa
4. then season with salt and black pepper.