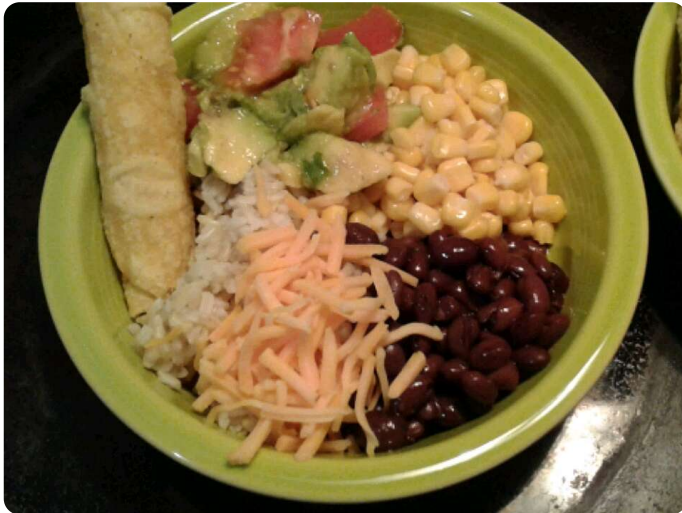




Rice and Bean Bowl Dinner

Oscar · 28/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

4

Description

This dinner bowl recipe comes together in mere minutes and appeals to vegans and omnivores alike To bring this meal together even faster make the avocadocilantro sauce earlier in the day We like to keep the corn raw for extra crunch and a fresh flavor but feel free to use cooked frozen and thawed or canned corn kernels if thats what you prefer

Ingredients

- - 1 tablespoon unsalted butter - 2 (8.8 ounce) packages UNCLE BEN'S® READY RICE® Whole Grain Brown Rice - 1 (15 ounce) can no-salt-added black beans
- drained and rinsed - 1 ½ medium avocados
- divided - 4 tablespoons cilantro
- divided - 3 tablespoons fresh lime juice - 1 pint cherry tomatoes
- halved - 1 cup fresh corn kernels - 1 teaspoon kosher salt - ½ teaspoon ground black pepper - ¼ cup tortilla chips

Instructions

1. Heat a large skillet over medium heat. Melt butter in skillet; add rice and beans
2. stirring frequently. Cook until heated through
3. about 3 minutes. Add water
4. as needed
5. to get rice to desired texture. Remove from heat; set aside. In a blender or mini food processor
6. combine 1/2 of an avocado
7. 2 tablespoons cilantro
8. and lime juice. Blend until sauce is thin. Add water if needed. In 4 separate bowls
9. evenly divide rice and bean mixture
10. tomatoes
11. and corn. Sprinkle with salt and pepper. Drizzle with about 2 tablespoons of avocado-cilantro sauce. Top evenly with remaining avocado and cilantro. Add 1 tablespoon crushed tortilla chips to each bowl. Nutrition Facts per serving: Calories 472; Fat 19g (28%); sat 4g (18%); Protein 14g; Carb 70g (23%); Fiber 15g (54%); Sugars 6g (added sugars 0g); Sodium 539mg (27%)