



## At Home Chipotle Bowl

SERVES 4

### Ingredients

2 15 oz cans of black or pinto beans OR 1 cup dried black or pinto beans

2-4 cups of veggie broth (or can use what you have or like)

1 cup of quinoa

4 limes

1 bunch of cilantro

1 jalapeño pepper

1 1/2 cups corn kernels

2 Tbsp of red onion

1 white, yellow or the rest of the above red onion

2 green bell peppers

1 avocado

1/2 cup fat free Greek yogurt

1 head of romaine lettuce

2 tsp of olive oil

salt

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For the Beans :

2 15 oz cans of black or pintos

OR to make your own

1 cup dried black or pinto beans.

Water

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The rice part of the bowl (or quinoa in this case) :

1 cup of quinoa, rinsed

juice of 2 limes, zest of 1

2 cups of veggie broth

1/3 cup cilantro

1/4 tsp of salt, maybe more for your taste

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For the Corn Salsa :

1 1/2 cups corn kernels. If you're using frozen, cook them according to the package directions first.

1 jalapeño pepper, minced, seeds removed

1/4 cup fresh, chopped cilantro

2 Tbsp of minced red onion

juice of 1 lime, 1 tsp of zest optional

1/4 tsp of salt, maybe more for your taste

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Grilled Veggies :

1 white, yellow or red onion

2 green peppers

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2 tsp of olive oil

salt

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Guacamole :

1 ripe avocado

1 lime

1/4 tsp of salt

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Remaining ingredients :

1 head of romaine lettuce, chopped up

1/2 cup plain, fat free greek yogurt

cheese (optional)

## Instructions

For the Beans:

Rinse the beans in a colander. Put them in a medium saucepan and cover them with water, about an inch above the beans. Bring to a boil and let them boil for 1-2 minutes.

Remove them from the heat and cover them. Allow the beans to sit for 1 hour.

Drain off the water and rinse the beans again in a colander. Put the beans back in the sauce pan and cover them with water or broth about two inches above the beans. If you're just adding water, you can add 1/4 of a white, yellow or red onion and about 1/2-1 teaspoon of salt for added flavor. Cook the beans for 1-1 1/2 hours until they are tender, but not mushy.

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The rice part of the bowl (or quinoa in this case) :

Rinse the quinoa thoroughly. Add the quinoa, the veggie broth, lime juice and salt to a medium saucepan and bring it all to a boil. Cover and reduce the heat to simmer. Allow

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the quinoa to cook and soak up all the liquid. About 10-15 minutes.

When the quinoa is done cooking, allow it to cool for just a little bit and then stir in the cilantro and lime zest. Set the quinoa to the side.

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For the Corn Salsa :

In a medium size mixing bowl, add the cooked corn kernels, minced jalapeño, red onion, cilantro, lime juice, zest and salt. Mix together until they are all combined.

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Grilled Veggies :

Slice the onion and peppers into strips. In a medium sauté pan, heat up the olive oil to medium heat. Add the vegetables and sprinkle with a teeny bit of salt. Cook until they are crisp tender and have started to char around the edges, about 10 minutes.

Remove from the heat.

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Guacamole :

Mash up the avocado in a small bowl. Mix in the juice from the lime and salt.

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To assemble

In a bowl, layer the quinoa, beans, veggies, corn salsa, lettuce, sour cream and guacamole. Sprinkle with a little salt if you'd like and enjoy!