



Whole Grain Burrito Bowl

Ingredients

6 servings

- 1 Tablespoon olive oil
- 1 medium onion, diced and divided
- 2 cups cooked pinto beans
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon ground cayenne pepper
- ¼ teaspoon ground black pepper
- ½ cup water
- 1 ripe tomato, seeded and diced
- 1 jalapeño pepper, seeded, deveined and minced
- ¼ cup cilantro, chopped
- Juice of 1 lime
- 2 cups cooked brown rice, warmed (see note)
- ½ teaspoon salt
- 2 cups cooked and shredded chicken, warmed
- 1 avocado, peeled, seeded and sliced
- 1 lime, sliced

Nutrition Facts				
Serving Size: 1 bowl				
Calories	Carbohydrate	Protein	Fat	Saturated Fat
320	38 g	22 g	10 g	2 g
Sugars	Dietary Fiber	Cholesterol	Sodium	Potassium
3 g	9 g	40 mg	260 mg	670 mg

Directions

1. Add oil to a sauté pan over medium heat. Add half the diced onion and the pinto beans, chili powder, cumin, cayenne pepper, black pepper and water. Sauté, slightly mashing the beans as you sauté until the liquid is absorbed, about 5 minutes.
2. In a small bowl, mix together the tomato, jalapeño pepper, remaining diced onion, cilantro and lime juice. Set aside.
3. Season the brown rice with the salt. In six salad bowls or soup bowls, divide and layer the brown rice, topped with the cooked pinto beans, chicken, tomato mixture, sliced avocado and 1 slice of lime.

NOTE: Bulk Cooking Brown Rice:

Add 1 lb (16 oz) of long grain (not instant) brown rice to a large soup pot with 5 cups of water. Bring to a boil then reduce to a simmer. Cover and simmer for 45 minutes or until all liquid is absorbed. Makes 10 cups cooked brown rice. This rice can be used in any recipe calling for cooked brown rice. Store in an airtight container in the refrigerator for 7 days or package in freezer bags in one cup increments for up to 6 months.

Recipe Source: <http://www.diabetes.org/mfa-recipes/recipes/2016-1-brown-rice-pinto-bean-bowl.html>