

Recipe

PURPLE BURRITO BOWL WITH AVOCADO MANGO SALSA



► ► Vegan, gluten-free, soy-free, refined sugar-free, nut-free

Yield: 4 servings

Prep Time: 10 min

Cook Time: 10 min

Total Time: 20 min

INGREDIENTS: THE BEAN FILLING

- 1 tsp (5 mL) vegetable oil
- 3 cups (560 g) cooked red kidney beans (or 2x 15 oz can of bean of choice)
- 1 tomato, chopped
- 1/4 cup (60 mL) water
- 1 Tbsp (7 g) onion powder
- 1 Tbsp (4 g) oregano
- 3-4 leaves of basil
- 1/2 tsp paprika
- 1/8 tsp ground black pepper
- 1/8 tsp chili pepper
- 2 Tbsp (30 mL) ketchup or hot sauce (optional)

INGREDIENTS: THE GARNISH

- 4 tortillas (gluten-free if desired)
- 1/2 red cabbage, cut into thin strips
- 1 red bell pepper, cut into strips
- 2 stalks green onion, chopped
- 1/4 cup (15 g) cilantro, chopped

ingredients continued on next page...

DIRECTIONS

1. Add oil, beans, and chopped tomato to a medium-sized pot on medium-high heat. Stir to combine. Continue to stir for 3-5 minutes until the tomatoes and beans have heated and softened.
2. Reduce to medium heat and add the water and bean-filling spices. Partially cover.
3. While the beans are marinating in spices on the stove, place all salsa ingredients into a bowl and mix to combine.
4. Return periodically to the beans and stir to avoid burning. Feel free to mash beans into a chunky puree of desired.
5. After 10-15 minutes on the stove, the beans are ready. Until ready to serve, reduce the heat to low and add a splash of water if needed to allow the spices to continue to infuse into the beans.
6. Toast the tortilla wraps, cut the cabbage and prepare the garnish.

THE ASSEMBLY

1. Place tortilla on plate.
2. Add cabbage.
3. Add bean filling.
4. Add salsa.
5. Add garnish.
6. Devour.

... Recipe Continued

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INGREDIENTS: THE SALSA

1 avocado, cubed
1 large mango (or 2 small), cubed
2 medium tomatoes, cubed
½ lime, juiced (~1 Tbsp or 15 mL)
¼ cup (15 g) cilantro, diced
½ medium red onion, diced

NOTES

If you have any extra sauces feel free to add it to the bean recipe. I imagine any hot sauce, BBQ-type sauce, curry or thai coconut sauce would taste divine.

Enjoy!



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