Bean Burrito Bowls with Creamy Chipotle Dressing
RECIPE

Bean Burrito Bowls with Creamy Chipotle Dressing

TIME	15 min
INGREDIENTS	14 items
MAKES	4 servings

A delicious and balanced twist on a classic bean burrito, these loaded bowls spiked with chipotle make for a great lunch or dinner!

INGREDIENTS

- 2 tbsp vegetable oil
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 2 tsp chili powder
- 2 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 canned chipotle pepper with adobo sauce, finely chopped
- 1 tbsp adobo sauce
- 2 tbsp tomato paste
- 1 cup canned red kidney beans, drained and rinsed
- 2 pouches (8.5 oz each) Ben's Original™ Ready Rice™ Jasmine Rice
- 1 ripe avocado, peeled, halved, pitted and chopped
- 1 cup halved cherry tomatoes
- 1/4 cup sour cream
- 1/4 cup torn cilantro leaves
- Lime wedges, for serving

INSTRUCTIONS

1. Heat oil in large skillet set over medium heat. Add onion and garlic; cook, stirring occasionally, for 2 to 3 minutes or until softened. Add chili powder, cumin, salt and pepper. Cook, stirring frequently, for 1 to 2 minutes or until toasted and fragrant. Add chipotle pepper, adobo sauce and tomato paste. Cook, stirring occasionally, for 2 to 3

minutes or until incorporated.
2. Add 1/4 cup water and kidney beans. Cook, stirring occasionally, for 1 to 2 minutes or until beans are heated through. Add rice and stir until coated and heated through. Divide mixture evenly among 4 serving bowls.
3. Top rice evenly with avocado and tomato, and drizzle with sour cream. Garnish with cilantro and serve with lime wedges.
4. Tip: For added protein, top with shredded rotisserie chicken, cooked ground beef or pulled pork if desired.

NUTRITION

- CALORIES: 440
- TOTAL FAT: 18g
- SATURATED FAT: 2.5g
- TRANS FAT: 0g
- SODIUM: 530mg
- TOTAL CARBOHYDRATES: 62g
- DIETARY FIBER: 7g
- TOTAL SUGARS: 5g
- PROTEIN: 11g

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Brown Rice with Spinach and Parmesan Cheese

Cooking time

35 Minutes

Ingredients

10 items



Classic Shrimp Fried Rice

Cooking time

15 minutes

Ingredients

9 items

Brown Rice & Apple Salad

Cooking time

20 minutes

Ingredients

9 items



Cheesy Chicken Broccoli Rice Bake

Cooking time

45 Minutes

Ingredients

9 items

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