

CLEAN & TASTY

BLACK BEAN BOWL

<i>Serving</i>	<i>Time</i>	<i>Level</i>
2	15 mins	easy

INGREDIENTS

- Left over black beans, (see recipe-beans, beans! Good for your heart)
- Cilantro Lime Brown Rice
- 2 c raw organic kale
- ½ red onion, sliced
- toasted pepitas (green pumpkin seeds)
- 1 avocado, sliced
- cherry tomatoes, halved (not pictured)
- pesto or chimichurri sauce

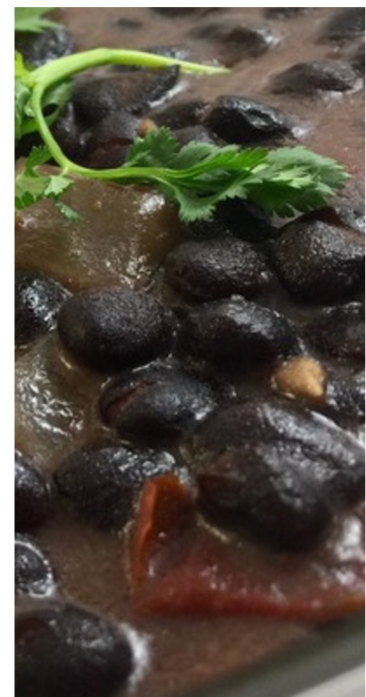


INGREDIENTS

- 1 pound (16 ounces or scant 2 ½ cups) dried black beans*
- 1 medium red onion, chopped
- 4 medium cloves garlic, peeled and smashed
- 2 bay leaves
- 1 t sea salt
- 1 t ground cumin
- 6 c water**, more if needed
- 2 T finely chopped cilantro, optional
- 1 T lime juice
- In a bowl soak overnight the beans with enough water
- In a pot sauté the onion and garlic. Add the overnight soaked black beans to the pot and cover with water. Bring it to boil and simmer until the beans are soft.
- Finish with chopped cilantro and season with salt to taste.

DIRECTIONS

- Prepare each component according to directions (the beans will take the longest, approximately 1 to 2+ hours on the stove, but all of the components will keep well if made in advance).
- When you're ready to serve, divide the rice into bowls. Top with a generous portion of black beans, kale, tomatoes, avocado and onions. Finish it off and a dollop or two of pesto or chimichurri sauce.





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