

## Easy Black Bean Burrito Bowls

*\*You can add in 4 oz. of cooked chicken or steak slices (that amount serves 1) if desired...this is one of those recipes that you add in as much as you like, but keep the rice and cheese to a minimum for a healthy meal. I am pretty sure it will taste good no matter how you concoct it!*

- Cooked brown rice (can use left overs, make it for this recipe specifically or purchase pre-made, frozen brown rice from Trader Joe's or Henry's)
- Roasted red peppers, chopped
- Cooked black beans (canned, liquid drained)
- Salsa verde
- Fresh cilantro
- Avocado, diced
- Lime wedge
- Red pepper flakes
- Shredded white cheddar cheese (if desired)

In a bowl, heat the rice. Top with chopped red pepper. Mix together the black beans and salsa verde in a separate bowl, and heat them up together. Pour on top of the rice and red pepper. Top with avocado, cilantro, cheese, a big squeeze of lime and red pepper flakes. Serve.