

RECIPE | TOMATOES

MEAL PREP BURRITO BOWLS

A circular logo with a blue background. The text "pure flavor" is written in a white, lowercase, sans-serif font. A green leaf graphic is positioned between the words "pure" and "flavor".

pure
flavor



PURE-FLAVOR.COM

MEAL PREP BURRITO BOWLS

Recipe created by Chelsea LeBlanc, RDN



15 min

10 min
PREP.

5 min
COOKING



5



easy

INGREDIENTS

For the bowls:

- 1 dry pint** Sangria® Medley Tomatoes, halved
- 2 cans** black beans, rinsed and drained
- 1 can** sweet corn, rinsed and drained
- 1 avocado**, cubed
- ½ red onion**, finely diced
- 2 cups** brown rice, cooked
- 1½ cups** cauliflower rice
- 1 cup** cilantro, chopped and divided
- 1 tbsp** lime juice
- ⅓ tsp** chili powder
- ⅓ tsp** ground cumin
- ⅓ tsp** cayenne pepper
- Salt & pepper, to taste

For the dressing:

- 3 tbsp** Greek yogurt
- 3 tbsp** lime juice
- 1½ tbsp** honey
- 1½ tbsp** olive oil
- Salt and pepper, to taste

DIRECTIONS

- 1** In a skillet over medium-high heat sauté cauliflower rice for 5 minutes until tender. Turn off heat and add rice and ¾ cup cilantro. Stir to combine.
- 2** In a medium-sized bowl, combine corn, remaining cilantro, onion, lime juice, chili powder, cumin, cayenne pepper, and salt & pepper.
- 3** In a mason jar add all dressing ingredients and shake vigorously to combine.
- 4** To assemble bowls, layer rice, beans, corn salsa and tomatoes into bowls. Drizzle with dressing and enjoy!