



RECIPE | TOMATOES

# MEAL PREP BURRITO BOWLS



10 min  
PREP.



5



easy

15 min

5 min  
COOKING

## INGREDIENTS

Recipe created by *Chelsea LeBlanc, RDN*

### 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
- ½ tsp** chili powder
- ½ tsp** ground cumin
- ½ 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

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

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