



# VEGGIE GROUND BURRITO BOWLS

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 1000/SERVING



Everything you love about a burrito, but in a super satisfying bowl. Fluffy white rice gets topped with caramelized sautéed vegetables, Mexican spiced veggie ground, crisp lettuce, and creamy avocado. Squeeze some fresh lime on top and drizzle our homemade chipotle cashew crema to tie it all together.

## WHAT YOU'LL NEED

- 2 large pans
- Small pot
- Wooden spoon
- Oil
- Salt
- Pepper



## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

### WHAT'S INSIDE

2 servings      4 servings

Bell pepper	1	2
Yellow onion	1	2
Herbed Basmati rice	1 cup	2 cups
Veggie ground	~175 g	~350 g
Spice blend	2 tbsp	1/4 cup
Corn	1 cup	2 cups
Romaine lettuce	1 head	1 head
Avocado	1	2
Lime	1	1
Jalapeño	1	2
Chipotle crema	1/3 cup	2/3 cup



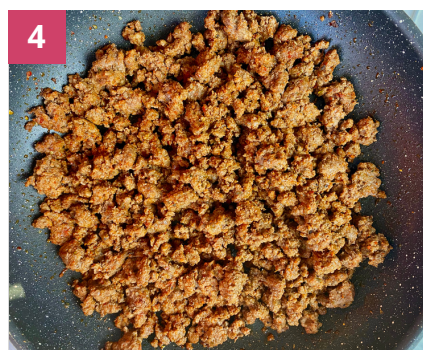
Prep your ingredients: thinly slice the **bell peppers** and **onions**, chop the **romaine lettuce**, slice the **avocado** and **jalapeño**, and cut the **lime** into wedges.



In a large pan, warm 1 tbsp of **oil** (2 tbsp for 4 servings) over medium heat. Once hot, add the **onion**. Sauté until translucent then add the **bell peppers**. Sauté for 5-10 minutes until softened. Add the **corn**, season with **salt** and **pepper**, and cook for another 3 minutes.



Meanwhile, in a small pot combine the **rice** with 2 cups of **water** (4 cups for 4 servings). Bring to a boil, then cover and lower to a simmer for 12 minutes. Remove from heat and leave covered for 5 minutes, then fluff with a fork.



Meanwhile, in another large pan, warm 1 tbsp of **oil** (2 tbsp for 4 servings) over medium heat. Add in the **veggie ground** and use a wooden spoon to break up into small pieces. Once heated through, add the **spice blend** and 1/4 cup of **water** (1/2 cup for 4 servings) and simmer until the liquid is reduced, 3-5 minutes.



Build your bowls: start with a base of **rice**, then add a **handful of lettuce**, topped with **sautéed vegetables**, **veggie ground**, **sliced avocado**, **jalapeño**, **chipotle crema**, and a squeeze of **lime**. Serve with **remaining lime wedges**.

Nutrition Facts		Valeur nutritive	
Per Serving (927 g)			
pour 1 (927 g)			
<b>Calories 1000</b>		<b>% Daily Value*</b>	
		<b>% valeur quotidienne*</b>	
<b>Fat / Lipides</b> 43 g		57 %	
Saturated / saturés 6 g		30 %	
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 132 g			
Fibre / Fibres 26 g		93 %	
Sugars / Sucres 19 g		19 %	
<b>Protein / Protéines</b> 35 g			
<b>Cholesterol / Cholestérol</b> 0 mg		0 %	
<b>Sodium</b> 1580 mg		69 %	
Potassium		43 %	
2000 mg			
Calcium 200 mg		15 %	
Iron / Fer 9.5 mg		53 %	
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			