



SUE'S BURRITO BOWL

"It's your new go-to lunch!"

INGREDIENTS:

2 c. rice
(brown or white)
2 c. water
1 bunch Cilantro
1 c. **Black Bean Flakes**
(or other bean flake)
1 ear corn, cooked
sour cream

TOPPINGS:

-- salsa
-- lettuce
-- avocado (or
guacamole)
-- shredded cheese
-- *Cilantro Lime*
Avocado Dressing

DIRECTIONS:

1. In food processor pulse together **water** and **cilantro**.
2. Cook **rice** according to box instructions.
3. Boil water, add **Black Bean Flakes** and let sit 5 minutes *(if too thick/thin adjust water)*.
4. Put $\frac{1}{4}$ of cooked rice in bottom of the bowl, add $\frac{1}{4}$ of the **Black Bean Flakes** add toppings as desired.