

# BURRITO 'DILLA-BOWL KIT

## Seasoned Beans

1 tablespoons olive oil  
2 cloves garlic, minced  
½ Tsp chili powder  
½ Tsp cumin  
2-15.5 oz. cans black beans, drained, rinsed

Add chopped garlic to 1 Tbsp. oil in a skillet. Over medium heat, sauté carefully until fragrant and translucent, about 30 seconds. Add pinch of salt, ½ Tsp chili powder and 1 tsp cumin stir into garlic for about 30 seconds. Pour in ½ cup water, rinsed and drained can of beans. Bring to a low simmer and cook until most of liquid has evaporated, 5 to 7 minutes, stirring once or twice. Season to taste.

## Rice

Instant Brown Basmati rice  
1 Tbsp olive oil

Warm 1 Tbsp. oil in a saucepan over medium-high heat. Add uncooked rice and sauté, stirring, until fragrant, 1 to 2 minutes. Then, follow the cooking directions on the instant rice box.

Follow the recipes if you feel like it.

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## Easy Pico dee'Gee

1 Small onion minced  
2 Tbsp fresh lime juice (or more to taste)  
1½ Cups cherry tomatoes, quartered  
Minced fresh cilantro to taste  
Salt & Fresh Ground Black Pepper to taste

Mix together diced tomato, minced onion, and lime juice. Chopped cilantro, salt and fresh ground black pepper to taste.

## Easy Faux Mexi-crema

1 garlic clove grated  
1 fresh lime  
½ cup regular/vegan mayo  
1-2½ Tsp siracha sauce  
1-½ Tsp garlic powder  
Salt and pepper to taste

Combine a grated garlic clove with the juice of 1 fresh lime and a pinch of salt. Mix in mayo (swap: sour cream, plain Greek yogurt), siracha sauce to taste, and garlic powder in a container or jar. Add a pinch Tsp ingredients to combine well. Serve sauce on burritos, quesadillas, tacos, or salads. Store in the fridge for up to a week.

**Bowl Tips:** In the center of a bowl, spoon some chopped avocado. Sprinkle that with chopped cilantro. Squeeze with fresh lime juice and a pinch of salt. Add some rice, some of the Easy Pico De' and whatever else you like.

**Burrito Tips:** Warm both sides of a tortilla in a pan. Lay tortilla on a piece of tin foil. Add some rice, some bean mixture, Easy Pico dee'Gee, cilantro, diced avocados and a drizzle or two of the Easy Faux Mexi-crema. Top with and whatever else strikes your fancy making sure to leave room around the edges for folding the tortilla into a pocket, of sorts. First, fold the tortilla bottom up. Using one hand to hold bottom flap while using the other hand to fold in one of the side flaps. Now do the same thing on the other side. With both hands, roll forward to close burrito. Immediately fold up the tin foil and wrap burrito with it.

## Other Topping Ideas

Avocado: pitted, peeled, diced (swap: premade guacamole), Cheese shredded, crumbled, or grated, Cilantro finely chopped, Hot peppers, Lettuce chopped  
Protein/tofu/portabella: crumbled, seasoned & sauteed, Sour cream, Sauteed onions, peppers

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