

UMassAmherst | Campus Recreation Recipe of the Week

EASY BURRITO BOWLS

Yield: 6 Servings - Prep Time: 10 Minutes - Cook Time: 15 Minutes - Total Time: 25 Minutes

Ingredients:

- **1 Cup Uncooked Rice**
- **1 Cup Salsa (Homemade or Store-Bought)**
- **3 Cups Chopped Romaine Lettuce**
- **1 (15.25 – ounce) Can Whole Kernel Corn, Drained**
- **1 (15-Ounce) Can Black Beans, Drained and Rinsed**
- **2 Roma Tomatoes, Diced**
- **1 Avocado, Halved, Seeded, Peeled and Diced**
- **2 Tablespoons Chopped Fresh Cilantro Leaves**

For the Chipotle Cream Sauce

- **1 Cup Sour Cream**
- **1 Tablespoon Chipotle Paste****
- **1 Clove Garlic, Pressed**
- **Juice of 1 Lime**
- **1/4 Teaspoon Salt, or More To Taste**

Instructions:

- 1. To make the Chipotle Cream Sauce, whisk together sour cream, chipotle paste, garlic, lime juice and salt; set aside.**
- 2. In a large saucepan or 1 1/2 cups water, cook rice according to package instructions; let cool and then stir in salsa; set aside.**
- 3. To assemble the bowls, divide rice mixture into serving bowls; top with lettuce, corn, black beans, tomatoes, avocado and cilantro.**
- 4. Serve immediately, drizzled with chipotle cream sauce.**

****Notes:**

- **2 Tablespoons Chipotle Peppers, in adobo sauce, can be substituted for Chipotle Paste (You can puree the Chipotle Peppers and add to the sour cream)**
- **This recipe is completely customizable to add in your favorite proteins. Or you can keep it vegetarian.**
- **If you really want to go that extra step and make these even healthier, you can use quinoa in place of the rice.**

Recipe courtesy of: Chungah - Damn Delicious
damndelicious.net/2014/09/10/easy-burrito-bowls/