

Breakfast Bowl with Spicy Black Beans, Salsa, Cilantro, Lime

Serving Size: 1 plate

Makes 4 servings

Cilantro Lime Brown Rice

1 ¾ cups	water
½ tsp	salt
1 cup	brown rice, dry
1 tbsp	lime juice
¼ cup	cilantro, chopped

Spicy Black Beans

4 ½ oz	black beans, dry
2 tsp	canola oil
2 ½ oz	spinach onions, diced
Pinch	minced garlic, fresh
¼ oz	chipotle peppers, minced
1 ¼ tsp	ground cumin
1 ¼ tsp	ground coriander
2 ½ tsp	chili powder
3 ½ oz	tomatoes, canned, chopped
¼ oz	sherry vinegar
¼ cup	vegetable stock
¼ oz	cilantro, chopped

Guajillo Chile Salsa

makes 1 ½ cups; store leftover in refrigerator

1 each	serrano peppers, fresh, remove stem
3 oz	onions, quartered
10 oz	roma tomatoes, fresh, cut in half
3 each	dried Guajillo chili peppers
1/3 cup	warm water
1 tsp	lime juice, fresh
½ tsp	minced garlic, fresh
¾ tsp	chipotle peppers
2 tbsp	cilantro, chopped

For Bowl

1 each	avocado
garnish	cilantro, chopped

Preparation:

1. Prepare cilantro lime brown rice. Combine water and salt in a pan on the stove. Bring to a boil, add rice. Cover and simmer on low until tender, about 40 minutes. Fluff rice with a fork. Stir in lime juice and cilantro.
2. Prepare spicy black beans. Put black beans in a pot with enough water to cover. Bring to a boil, then reduce to a medium high simmer for 45 minutes to an hour, until beans are tender. Drain liquid. In a separate pan, heat the oil. Add the onion and sauté for about 5-7 minutes or until onions begin to show color. Add garlic, chipotle peppers, cumin, coriander, and chili powder. Cook for 1 minute. Add tomatoes, sherry vinegar, and vegetable stock. Cook for 10 more minutes. Add drained black beans. Finish with cilantro.
3. Prepare Guajillo chile salsa. Place serrano peppers, onions, and tomatoes on grill at med/high heat. Grill vegetables until they are moderately charred. Seed and stem dried chilies. Place the dried chilies on the flat top to toast and soften for about 1 minute. Cover heated Guajillo chilies with warm water in a bowl with something to weigh the chilies down. Allow chilies to steep for about 15 minutes. Remove Guajillo chilies and puree them in a blender. Once chilies are smooth, add lime juice, garlic, chipotles, and charred onion, tomato, and serrano. Puree until smooth. Allow salsa to cool. Then add cilantro.
4. Build each bowl: ¾ cup rice, ½ cup beans, 1 tbsp guajillo salsa, ¼ each avocado, and 1 tsp cilantro.

NUTRITION FACTS PER SERVING

calories	400
total fat (g)	10
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	290
total carbohydrate (g)	67
dietary fiber (g)	14
sugar (g)	3
protein (g)	14

 **RD APPROVED**



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