

Southwestern Bean & Rice Bowls



2 Tbsp olive oil, divided

14 oz can black or pinto beans, rinsed and drained

1 cup cooked brown rice

1 tsp cumin

1 tsp smoked paprika

1/4 tsp cayenne pepper (optional)

1 tsp sea salt

1 zucchini, cut into thin rounds

1 bell pepper, seeded and cut into quarters

1/2 bunch cilantro, washed, dried and roughly chopped

Salsa and hot sauce for serving

1 ripe avocado, cut into chunks

1 Tbsp chopped red onion

Juice of a lime

1. Combine olive oil, beans, rice and spices in a medium pot and warm gently until heated through.
2. Meanwhile, heat your grill to medium-high and brush the zucchini and bell pepper with the remaining olive oil. Grill the vegetables, turning once or twice, until they are lightly browned, about 10 minutes. Once they are cooked, cut the bell pepper into slices.
3. While the veggies are grilling, prep the avocado salsa by combining the avocado, red onion, lime juice and remaining salt to taste in a small bowl.
4. Divide bean and rice mixture into two bowls. Top with grilled veggies and avocado salsa, then add cilantro, traditional salsa and hot sauce to taste.