

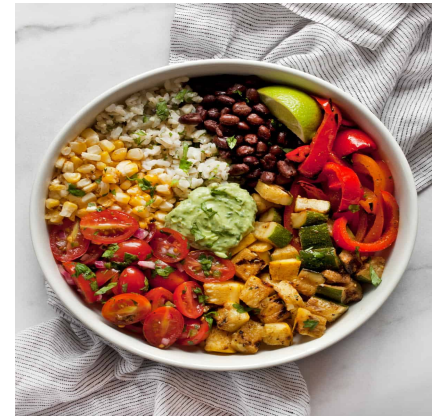
Recipe Name: Mexican Vegetarian Burrito Bowl Recipe

Diet Type:

Course: Dinner

Cuisine: Mexican

Quantity:



Ingredients

Ingredient	Quantity
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| • 2 cups Cooked rice - fluffy | 4 |
| • 1 Coriander (Dhania) Leaves - finely chopped | |
| • 2 teaspoons Whole Black Peppercorns - crushed | |
| • Salt - to taste | |
| • 2 tablespoons Lemon juice | |
| • 2 cups Rajma (Large Kidney Beans) - cooked but not drained | |
| • 1 cup Homemade tomato puree | |
| • 1 Onion - chopped | |
| • 3 cloves Garlic - crushed | |
| • 2 teaspoon Cumin seeds (Jeera) - roasted | |
| • 1 Chipotle Chillies / Peppers - chopped (or 1 flat teaspoon red chilli flakes) | |
| • 3 teaspoon Sunflower Oil | |
| • Salt - to taste | |
| • 1 Red Bell pepper (Capsicum) - sliced (or use any other vegetables that can be stir fried) | |
| • 1 Green Bell Pepper (Capsicum) - sliced | |
| • 1 Yellow Bell Pepper (Capsicum) - sliced | |
| • 1 Onion - sliced | |
| • 2 cloves Garlic - crushed | |
| • 1 teaspoon Dried oregano | |
| • 1/2 teaspoon Red Chilli flakes | |
| • Salt - to taste | |
| • 3 teaspoon Extra Virgin Olive Oil | |
| • 2 cups Del Monte Whole Corn Kernels - fire roasted | |
| • 1 Onion - chopped | |
| • 1 Tomato - chopped | |
| • Coriander (Dhania) Leaves - small bunch | |



- 2 tablespoons Lemon juice
- 1/2 teaspoon Red Chilli flakes - (optional)
- Salt - to taste
- 3/4 cup Cheddar cheese - or Mexican cheese
- 1/2 cup Lettuce leaves - shredded (optional)
- 1/4 cup Black olives - sliced
- Guacamole - 1 recipes





Preparation

- To begin making the Mexican Vegetarian Burrito Bowl, you need to prepare the various components first.
- For the coriander-lime rice, to the cooked rice, add the chopped coriander, lime juice, black pepper and salt.
- Toss the mix together till all the flavors.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	20	70	20	10	10

