



Black Bean Burrito Bowls

Packed with bell peppers, mushrooms, and green chiles for a flavorful meal that's sure to keep you satisfied.

ADDITIONAL INGREDIENTS

Brown rice, tomatoes, avocado, lettuce, burrito toppings.
See Serving Instructions.



MEDIUM
Meals feed 3-4



LARGE
Meals feed 6-8

SLOW COOKER

2-3 Hours

Cook on low 2-3 hours,
stir before serving.

3-5 Hours

Cook on low 3-5 hours,
stir before serving.

PRESSURE COOKER

5 Minutes

Cook on manual for 5 minutes. Quick pressure release. May add ¼ cup liquid before cooking to bring up to pressure. Stir before serving.

10 Minutes

Cook on manual for 10 minutes. Quick pressure release. May add ½ cup liquid before cooking to bring up to pressure. Stir before serving.

SEASONING

For stronger flavors, add 30-60 minutes before serving:

Cumin | 1 tsp

Oregano | ¼ tsp

Garlic Powder | ¼ tsp

Cumin | 2 tsp

Oregano | ½ tsp

Garlic Powder | ½ tsp

SERVING INSTRUCTIONS

Serve over a bed of lettuce, rice, or even a baked potato. Top with tomatoes, avocado, and other desired toppings.

NUTRITION FACTS

Serving Size | 3/4 cup

Calories | 200

Total Fat | 1g

Carbs | 42g

Fiber | 4g

Protein | 11g

Sugars | 7g

Sat. Fat | 0g

Sodium | 820mg

Nutrition facts only include meal provided.