



## **Black Bean Tacos Bowls**

**Yield:** 4 Servings

### **Ingredients:**

- 2, 15 oz can black beans
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 package taco seasoning
- cooked brown rice
- salsa

### **Extra toppings for bowls:**

- chopped lettuce
- avocado
- chopped tomatoes
- fresh cilantro
- corn
- fresh lime juice

### **Directions:**

1. In a medium saucepan, heat 2 tbsp of water over medium heat, then add onions and garlic. Cook for a few minutes until onions are soft. Next, add the black beans and taco seasoning and  $\frac{1}{2}$  cup water. Simmer for about 15 minutes. Stir in fresh cilantro.
2. Assemble bowls: Add brown rice to serving bowl. Top with black beans mixture and salsa followed by any extra toppings, if desired. \*Can also serve in a tortilla. Add rice to a tortilla, top with beans and toppings.