



Black Bean and Chorizo Bowl

Recipe By JASMIN QUEEN

SERVES: 4

BOWL:

- ☐ 3 cups baby spinach
- ☐ 2 tbsp. olive oil
- ☐ 2 (8 oz.) pkgs. of steam in bag frozen riced cauliflower
- ☐ 12 oz. chicken chorizo, coined
- ☐ 1 red bell pepper, sliced
- ☐ 1 yellow bell pepper, sliced
- ☐ 1 green bell pepper, sliced
- ☐ 1 orange bell pepper, sliced
- ☐ 1 can corn, drained
- ☐ 1 can black beans, drained
- ☐ salt and pepper, to taste
- ☐ cilantro, for garnishing

AVOCADO SAUCE:

- ☐ 1 avocado, peeled and pitted
- ☐ 2 tbsp. Greek yogurt
- ☐ 1/2 cup water
- ☐ 1 clove garlic
- ☐ 1/4 tsp. salt
- ☐ 1/4 tsp. pepper
- ☐ 1 lime, juiced

DIRECTIONS:

- ☐ 1. Make the avocado sauce by combining all ingredients in a food processor or blender. Set aside.
- ☐ 2. Microwave the rice according to package directions.
- ☐ 3. Heat oil in a large pan. Add chorizo and cook until beginning to brown. Add in the peppers. Cook until soft and chorizo has reached an internal temperature of 160°F.
- ☐ 4. Add the corn, black beans, and spinach; heat until warm.
- ☐ 5. Place cauliflower in a bowl. Top with chorizo and black bean mixture.
- ☐ 6. Drizzle the top with avocado sauce and garnish with cilantro.

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Use leftovers to make breakfast, by adding a fried egg on top!

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