Quinoa Black Bean Burrito Bowls  
Servings: 4  
Kosher Key: Pareve or Dairy

INGREDIENTS  
  
1 cup quinoa  
1 tbsp olive oil  
1/4 cup minced onion  
1 clove garlic, minced  
2 cans (15 oz each) black beans, rinsed and drained  
1/4 cup chopped fresh cilantro  
1/4 tsp chili powder (mild)  
Pinch of cayenne pepper (spicy)  
1/4 cup fresh lime juice  
1 cup shredded lettuce  
Salt

OPTIONAL TOPPING INGREDIENTS  
  
Grated cheddar or jack cheese  
Sour cream or Greek yogurt  
Pico de gallo or salsa  
Diced seeded tomatoes  
Hot sauce or sriracha  
Sliced avocado  
Guacamole  
Corn  
Rinse the quinoa thoroughly in a mesh strainer or sieve, drain. Pour quinoa into a saucepan along with 2 cups of water. Bring the quinoa to a boil, then reduce heat to a low simmer. Cover the pot. Let the quinoa simmer for about 20 minutes till it becomes tender and all the liquid has been absorbed. Keep a close eye to make sure the quinoa doesn't burn. While quinoa is cooking, heat 1 tbsp of oil in another saucepan over medium heat. Pour minced onion into the saucepan and saute for a few minutes till it softens and begins to turn brown. Add the minced garlic to the pot and let it saute for 1-2 minutes longer till aromatic. Add the black beans to the pot of onions along with 1/2 cup water, 2 tbsp of chopped fresh cilantro, chili powder and cayenne pepper. Bring the beans to a boil, then reduce heat to medium low. Let the beans simmer for 15 minutes till the liquid is mostly evaporated. Stir in 2 tbsp of fresh lime juice. Season with salt to taste. When the quinoa is fully cooked, remove from heat and fluff with a fork. Use the fork to mix in 2 tbsp of chopped cilantro and 2 tbsp fresh lime juice. Season with salt to taste. Assemble your burrito bowls. Divide the cilantro lime quinoa between four bowls. Top each portion of quinoa with 1/4 cup of shredded lettuce. Top each portion of lettuce with simmered black beans. Top the black beans with your choice of Optional Topping Ingredients (ideas listed above). Serve warm.