**Black Bean Burrito Bowl**

**Entrée**

YEILD: 14 SERVINGS

MEAL PATTERN CONTRIBUTION: 2 OZ EQ GRAIN, 2 OZ EQ M/MA, ½ CUP VEG

SERVING SIZE: 1 BOWL

**Ingredients and Instructions**

**Black Beans, dry 1 pound**

**Oil, Olive 2 Tbsp**

**Cumin, ground 1 Tbsp**

**Bay Leaves 4 each**

**Salt, Kosher 2 tsp**

**Garlic, minced 3 Cloves**

**Rice, Brown 1 Pound 12 Ounces**

**Water (for cooking rice) 4 ½ Cups**

**Cabbage, red, sliced 4 Cups**

**Pepper, green, sliced 4 Cups**

**Salsa 4 Cups**

**Corn, Roasted 4 Cups**

**Southwest seasoning (for corn)**

**1. Soak beans overnight. Drain**

**2. Place soaked and drained beans in a large pot, cover with 2 inches of water. Bring to a boil, reduce to a simmer.**

**3. While the beans are coming to a boil heat 2 Tbsp of olive oil in a small pan on medium heat. Stir in the ground cumin and cook until fragrant, 1-2 minutes. Add the minced garlic, cook a minute more. Once the beans are boiling, add the cumin and garlic to the pot with the beans. Add the bay leaves and salt to the pot as well.**

**4. Cook the beans until tender. Strain the beans over a bowl when done to save the cooking water. Set the beans aside and return the liquid to the pot, boil down until thickened and lightly syrupy. Return the beans to the liquid and stir.**

**5. Bring the water to a boil. While waiting for the water to boil rinse your brown rice under cold water for 30 seconds. Add rice to boiling water and boil, uncovered for 30 minutes. Pour rice into a colander/strainer and let drain for 10-15 seconds. Return it to the pot, cover for 10 minutes.**

**6. Toss your corn with a tablespoon of oil, ½ teaspoon of salt and some southwest season. Lay out on to a sheet pan with parchment paper. Roast at 400 for 20 minutes making sure to stir a few times during cooking.**

**7. Set up so students can build their own bowls**

 **EACH BOWL WILL CONTAIN 1 CUP OF COOKED RICE, ½ CUP BLACK BEANS, AT LEAST ½ CUP VEGETABLE**