



# Simple Burrito Bowl

## Ingredients

- Baked tortilla chips or corn tortillas
- 2-4 cups cooked brown rice or quinoa (or another whole grain)
- 2-4 cups canned black or pinto beans, rinsed and drained
- 2-4 cups fresh spinach or chopped romaine lettuce
- 1-2 large carrots, grated
- 1-2 cups fresh, canned, or thawed frozen corn
- 1 ripe avocado, diced
- Fresh or store-bought salsa for topping
- Optional: A dollop of plain yogurt

## Instructions

1. Place a small handful of crispy tortilla chips or corn tortillas at the bottom of each serving bowl.
2. Layer the cooked grains to create a hearty base.
3. Add a layer of the rinsed and drained beans for protein.
4. Add a generous layer of greens
5. Sprinkle grated carrots over the greens for a sweet crunch and a pop of color.
6. Scatter corn kernels next for sweetness and texture.
7. Add the diced avocado on top for creamy richness.
8. Finish the bowl with a spoonful of salsa for flavor. If desired, add a dollop of plain yogurt for extra creaminess.