

chattavore

BLACK BEAN GARLIC RICE BOWL

Prep Time: 20 minutes

Cook Time: 20 minutes

Yield: 4 servings

For the mojo sauce (from Serious Eats)

- 1/3 cup orange juice
- 1/3 cup lime juice
- 1/3 cup olive oil
- 6-8 garlic cloves, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- salt and ground pepper, to taste

For the bowls

- 1 cup dry long-grain white rice (can also use brown rice, but you will need to follow the directions on the package for cook times)
- 1/2 teaspoon salt
- 2 cups shredded cooked chicken, warmed (optional)
- 1 1/2-2 cups (1 can) black beans, rinsed, drained, and warmed (or use beans that have been cooked from dry)
- 2 medium tomatoes, seeded and chopped
- 1 avocado, diced
- 1 cup chopped fresh pineapple
- 2 ounces feta cheese, crumbled

1. Combine all of the ingredients for the mojo sauce in a bowl or a pint Mason jar. Refrigerate until ready to serve.
2. Bring 2 cups of water to a boil in a medium saucepan. Stir in the salt and the rice. Cover and reduce heat to low. Simmer for 20 minutes.
3. While the rice is cooking, prep the remaining ingredients: seed and chop the tomatoes, chop the pineapple, chop the avocado, and warm the chicken (if using) and the beans.
4. When the rice is cooked, remove from the heat and fluff with a fork. Divide among four bowls. Top with the chicken (if using), black beans, tomatoes, pineapple, and avocado. Crumble the feta over the tops of the bowls.
5. Serve the rice bowls with a small cup (2 tablespoons) of mojo sauce to be poured over the top of the bowl before mixing the ingredients together.

NOTES

Prep time occurs almost completely during cooking time, assuming that you are using leftover chicken and either pre-cooked or canned beans.