

Black Bean & Veggie Rice Bowl

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 cup Jasmine Rice (uncooked)
- 2 cups Black Beans (cooked, rinsed)
- 1/2 Carrot (medium, shredded or chopped into matchsticks)
- 2 cups Snap Peas (trimmed)
- 1 cup Cherry Tomatoes (halved)
- 1/4 cup Lemon Juice
- 1 cup Fresh Dill
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Cook the rice according to the directions on the package, and set aside to cool.
- 02 Divide the rice, black beans, carrots, snap peas, and tomatoes into bowls. Top with dill, lemon juice, garlic, salt, and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 1 1/2 to two cups.

NO BASMATI RICE

Use jasmine rice, bulgur, buckwheat, or couscous.