Bean Bowls

Dean and Aileen

Ingredients:

- Base: brown rice or grain of choice, lettuce, or tortilla chips
- Black or Pinto Beans (We love the Puerto Rican Beans – see recipe or buy)
- Toppings: chopped tomatoes, lettuce (if rice or nachos is base), corn, jalapenos, cilantro, onions, salsa or Pico (see recipes or buy), guacamole (see recipe or buy) or avocado
- Optional: Vegan cheese sauce (see recipe or buy)
- Optional: plain yogurt (taste like sour cream, see recipe or buy)

Directions:

1. Pick a base
2. Top with beans
3. Add other veggies and other toppings of choice