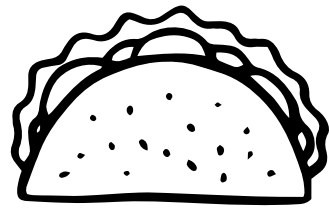


# taco bowls

ready in ~40 minutes | yields 2.5 cups



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## ingredients

- 1 tsp olive oil
- ½ green bell pepper, cored & sliced
- ½ red onion, sliced
- ½ cup cooked brown rice
- ¼ cup canned black beans, rinsed
- ¼ cup shredded sharp cheddar cheese
- ¼ cup pico de gallo

serve with 2 tablespoons chopped fresh cilantro, lime wedges, hot sauce and shredded lettuce

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## procedure

- 01** Heat oil in a medium skillet over medium heat.
- 02** Add bell pepper and onion; cook, stirring often, until the vegetables are crisp-tender, 5 to 8 minutes.
- 03** Mound rice and beans in a bowl.
- 04** Top with the vegetables, cheese, pico de gallo and cilantro
- 05** Serve with lime wedges, hot sauce, and shredded lettuce if desired

Recipe adopted from [eatingwell.com](https://www.eatingwell.com) by Katie Webster