

Rice, Black Bean and Avocado Bowl with Sweet Chili Mustard Sauce

Recipe:

1 cup fresh spinach or salad greens

For the rice

2 cups cooked brown rice

½ - 1 cup tomato puree/crushed tomatoes/sauce

1 tablespoon chili powder

pinch sea salt

For the beans

1 can low-sodium black beans, drained and rinsed well

2 teaspoons chili powder

Pinch of sea salt

For the Sweet Chili Mustard Sauce (makes 1 cup)

½ cup regular yellow wet mustard

¼ cup pure maple syrup

1-2 tablespoons regular chili powder

3 tablespoons water

Garnish

1 medium avocado, chopped

1 cup tomatoes, optional



Instructions

1. Combine all of the "rice" ingredients into a small pot and heat.
2. Combine the "bean" ingredients into a small pot and heat.
3. Combine all of the "sauce" ingredients in a small bowl and whisk really well until smooth. Since this is a bold sauce, you can add more water for less flavor.
4. Chop your avocado and tomatoes (if using). Assemble either in a large serving bowl or individual bowls by layering greens, rice, beans, avocado, tomatoes or any other choices. Drizzle lots of sweet chili mustard sauce on top and toss everything together to coat the mixture well. Serve immediately.