

The Wholesome Bowl

Swick

Serves 2 to 10 | Active Time: 30 minutes | Total Time: 1 hour

Step 1: Preparing the Black Beans

- Smokey Black Beans, approx 1/4 cup per person

*Note: The amount of Black Beans needed will depend on how many people you are serving and how much you add to each bowl. Estimate about 1/4 to a 1/3 of a cup, per person.

For the black beans, follow this Smokey Black Bean recipe. You can omit the coconut milk and salsa if you like and just add a touch more water if needed as the rest of the dish is already quite flavorful. Save any cooking liquid to be used later.

At this point, mash about a cup of the beans, using a potato masher. Next, add mashed beans, back to the pot with the whole beans, and then add just enough cooking liquid (or warm water) to form a thick paste or sauce-like consistency.

The beans can be made in advance and stored in the refrigerator. To serve the beans, simply reheat them over low heat, until heated through. If needed, add some additional cooking liquid.

Step 2: Preparing the Sauce

- Spicy Curry Sauce, approx 1/4 cup per person*

*Note: Once again, the amount of Spicy Curry Sauce needed will depend on how many people you are serving and how much you add to each bowl. Estimate about 1/4 to 1/3 of a cup, per person.

The sauce can be made in advance and stored in the refrigerator. To serve the sauce, bring to room temperature before serving. That being said, the sauce can be served either warm or cold.

Step 3: Assembling & Serving the Bowl

- cooked Brown Rice, approx. 3/4 to 1 cup per person*
- salsa, approx. 1/4 cup per bowl
- Salsa Verde, approx. 1/4 cup per bowl
- Cashew Sour Cream, approx 2 tbsp, per person
- sliced black olives, approx. 2 tbsp per person
- avocado, approx 1/2 per person
- freshly chopped cilantro, approx 2 tbsp per person

Ultimately, these delicious bowls can be topped with any number of your favorite toppings. This combinations of these ingredients just happen to go particularly well together.

For the Brown Rice, rather than using water, cook the rice using a flavorful stock, for added flavor.

*Note: For the Salsa Verde, follow the recipe, but omit the last step of adding the avocado.

To assemble the bowls, spoon approximately 1 cup of rice onto the bottom of each bowl. Next, add a scoop of black beans onto the side of the rice. Then pour a spoonful or two of the spicy curry sauce, just over part of the rice and beans. It's nice to have each component still visible below.

Next, garnish each bowl with a spoonful of each salsa. Note: You could use only one salsa for this recipe; however, we really liked having both salsas. If however, we had to pick just one, we would say to use the Salsa Verde.

Next, slice the avocado lengthwise and then scoop it out of the skin. Place a few slices onto the side of each bowl.

Lastly, top each bowl with a good dollop of Cashew Sour Cream, some of the black olives and a good helping of fresh cilantro.

Serve immediately with a nice salad and some whole-grain tortilla chips, if desired.

Chef's Notes

This recipe is our take on the famous "Whole Bowl" from Portland Oregon.