

Burrito Bowl

Swick

Serves 2 to 4 | Active Time: 40 minutes | Total Time: 1 hour

- 2 Yukon potatoes, cut into small wedges
- 1 onion, diced
- 2 cobs of corn (cooked and cut off the cob)
- 2 to 3 tbsp oil (such as avocado or grapeseed)
- 1/2 tsp sea salt, or to taste
- 1 to 1 1/2 cups plant-based protein (such as tofu, tempeh, sausage or chorizo), optional
- 1 to 2 tsp Chili Powder
- 1/4 tsp sea salt, such as fleur de sel, or to taste
- 1/4 tsp freshly ground black pepper, or to taste

To start, heat a large frypan over medium-high heat. Once the pan has been properly heated, add the oil, followed by the potatoes. Allow the potatoes to cook for several minutes without touching them. Once they start to brown a bit, gently toss them and continue to for another 10 minutes or so — stirring as necessary.

Once the potatoes are mostly cooked, add the onions and a good pinch of salt and toss to combine. Let the onions and potatoes continue to cook for approximately a few minutes and then turn the heat down a bit and let cook for another 10 minutes or so, or until the onions and potatoes have both nicely browned.

Note: If adding a protein such as tofu, tempeh, or plant-based sausage or chorizo, add it just after you add the onions to the pan.

Next, turn the heat back up to medium-high and either remove the potatoes and onions or move them to the side and add the corn — cut side down. Once the corn has started to brown on the underside, flip it and gently fold together with the potato and onions.

No Oil Note: To make this oil-free simply omit the oil and use a non-stick pan (and a bit of stock, if needed). You won't likely achieve the same golden colors when sautéing but the end result will still be delicious.

Lastly, add the Chili Powder and toss to coat the ingredients. Let cook for a minute or two and then taste for seasoning, adding more chili powder, salt, and/or pepper as desired.

- 2 to 4 cups Simple Bulgur Pilaf
- 2 cups Smoked Salsa Black Beans
- 1 to 2 cups Pico de Gallo
- 1 cup Cashew Sour Cream
- 1 to 2 cups Guacamole (or freshly sliced avocados)
- 4 to 6 cups shredded greens (such as romaine lettuce and/or kale)

Notes Regarding Additional Ingredients:

For the grain, either simple plain bulgur or any other type of grain can be used — we just really like the flavor that this Bulgur Pilaf adds to the dish. Note that the grain can be served, hot, warm, or even cold.

The same thing goes for the Smoked Black Beans, these just happen to be delicious but you can use other types of beans and you can season them however you like. Again, these can also be served hot or warm — though they are best if not served super cold.

For the salsa, we love a good fresh Pico de Gallo; however, any other type of salsa could be used.

The Cashew Sour Cream is not essential for this bowl but it does add yet another great layer to the final dish. Think of it this way, if you like sour cream on your burrito, then you are going to want to serve it here as well.

For the avocado portion, you can either use freshly sliced avocados or you can serve it with a big dollop of Fresh Guacamole, either one are great with the bowl. The added bonus of guacamole is that you can also use it to dip some tortilla chips into.

To serve the bowls, start with a layer of bulgur, then add some greens — for added flavor, toss the greens with a bit of extra-virgin olive oil and a pinch or so of salt and pepper and toss. If doing no-oil, simply omit the olive oil.

At this point, simply add the remaining ingredients to each bowl, or let everyone help themselves to the toppings.