



Chorizo Burrito Bowl

Ingredients

- 2 plum tomatoes, cut into 1/2 inch pieces
- 1 tablespoons oil
- 2 teaspoons red wine vinegar
- pinch of sugar
- pinch of salt
- 1 pound chorizo sausage
- 4 scallions, thinly sliced, whites separated from greens
- 15 oz can black beans, drained
- 4 oz shredded cheddar-jack cheese blend
- 1.5 cups cooked rice of choice
- Sour cream, for serving

Instructions

- In a small bowl, stir to combine tomatoes, oil, vinegar, sugar and salt. Set aside to marinate.
- In a large skillet, over medium-high heat, cook chorizo, breaking up into smaller pieces, until well browned, about 5 minutes.
- To pot with chorizo, add scallion whites; cook, stirring, until fragrant, about 30 seconds. Stir in black beans and cheese until combined and heated through.
- Serve chorizo mixture over rice, and garnish with scallion greens, tomato mixture, and sour cream, if desired.

MAKES 4 SERVINGS. NUTRITION PER SERVING:
CALORIES: 450 | CARBOHYDRATES: 37G |
PROTEIN: 24G | FAT: 28G | FIBER: 6G

ADAPTED FROM DINNERLY