

Obsessed with Burrito Bowls

A burrito bowl is essentially all the fixings from inside a burrito, and more, placed attractively in a bowl. I am not sure why they are so popular but I am obsessed by them and just love the visual appeal, variety of textures and flavours, and the tidiness of eating from a bowl compared to the messier taco or a wrap. The combinations are endless, and you can enjoy ready made take away bowls or custom bowls made fresh right in front of you. At home you can provide all the healthy ingredients and let kids put together their own bowls – much like we used to make individual pizzas at birthday parties when I was a kid.



Burrito Bowl

- Rice or cauliflower on the bottom
- Chickpeas, kidney, or black beans
- Cherry tomatoes
- Corn, cut off the cob
- Greens such as spinach, cucumber, sprouts, avocado, green onion
- Salsa, sour cream, or chipotle sauce
- Grated cheddar cheese

- Need more protein? Add grilled or cubed chicken, shredded pork, or fried tofu
- Need more flavour? Add ground black pepper, hot pepper flakes, cilantro, or lime

Some Tips

1. Keep staples in your pantry like rice, quinoa, and a variety of beans
2. Make ahead items like chicken and rice, or make extra portions so you have leftovers
3. Keep seasonings you love in your fridge such as teriyaki sauce, olives, ranch dressing
4. Leftovers from a burrito bowl make a fantastic omelette/hash the next day. Warm up the leftovers in a tsp of oil in a frying pan and crack 2 eggs over the top. Mix everything up until the egg is cooked and you will be surprised how delicious it is.
5. Experiment and get your kids involved as they are more likely to eat a meal, they “cooked” themselves.



