

BBQ RICE BOWL



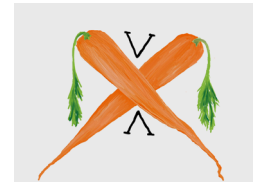
SERVES: 4

PREP TIME: 10 MINS (NOT INCLUDING RICE + BBQ SAUCE COOK TIME)

COOK TIME: 15 MINUTES

TOTAL TIME: 25 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

2 cups cooked short grain brown rice

1 15-oz can pinto beans, no salt added, drained and rinsed (sub black beans if preferred)

1 red bell pepper, diced

1/2 red onion, diced

1/2 cup fresh or frozen sweet corn, thawed if frozen

1 jalapeño, seeds removed, finely diced (optional)

1 tsp chili powder (or favorite Mexican seasoning blend)

1/2 tsp sea salt

4 cups romaine lettuce, chopped

1 medium avocado, diced

1 cup Smoky Vegan BBQ sauce (recipe link below) *

Recommended Toppings: cilantro, green onions, vegan ranch (homemade recipe coming soon!)

METHOD

Option 1: Place a medium skillet over medium-high heat. Add onion and bell pepper, stirring constantly for 3-4 minutes. Add jalapeno, corn, beans, seasoning, and salt. Continue cooking until the veggies become caramelized. Add in about 1/4 cup BBQ sauce to add flavor to your veggies. Remove from heat and set aside.

Prepare your bowls: Add cooked brown rice, romaine lettuce, and cooked veggies to a bowl. Top with BBQ sauce, avocado, and any of the recommended toppings! Enjoy!

Option 2: In a hurry? This bowl is just as tasty in a cold salad form with raw veggies! Simply dice and toss in a bowl with the rice, romaine, beans, BBQ sauce, avocado, and any other toppings!

NUTRITION:

Serving Size: 1/4 recipe Total Calories: 416 Total Fat: 9 g

Sodium: 250 mg Potassium: 771 mg Total Carbohydrate: 54 g

Fiber: 13 g Sugar: 5 g Protein: 10 g

Vitamin A: 20% Vitamin C: 71% Calcium: 6% Iron: 14% (Percent Daily Value)

SMOKY VEGAN BBQ SAUCE MAKES: 2 CUPS TOTAL TIME: 25 MINUTES

INGREDIENTS

1/2 cup red onion, diced
2 garlic cloves, minced
2 tsp cumin
2 tsp chili powder
1 tsp smoked paprika
1/2 tsp ground mustard seed
1/4 cup low-sodium vegetable broth
1 1/2 cups tomato puree, no salt added
1/4 cup tomato paste
2 TBSP pure maple syrup
2 TBSP apple cider vinegar
2-3 tsp tamari or low-sodium soy sauce
1/4 tsp natural liquid smoke (optional)*
1-2 TBSP favorite hot sauce (optional)

METHOD

Heat a medium-sized saucepan over medium-high heat. Once hot, add the diced onion, stirring constantly.

When the onions begin to stick** (3-4 minutes), reduce heat to low, add the garlic and spices, stir. Immediately add the vegetable stock and tomato puree. Stir again to combine and bring to a simmer. Cook for 5 minutes, uncovered.

Add remaining ingredients (tomato paste, maple syrup, apple cider vinegar, tamari, liquid smoke, and hot sauce, if using). Stir and cook for 6-7 minutes.

Taste for flavor preferences: Add more tamari for salt, liquid smoke for smoky flavor, maple syrup for sweetness, or hot sauce for heat.

Remove from heat. Serve immediately or store in a glass jar in the refrigerator for up to 1 week (allow to cool completely before covering and refrigerating).

You can also freeze for later use!

Ideas for use: veggie burger condiment, marinade for tempeh or tofu, sauce over veggies of choice, etc.

NUTRITION:

Serving Size: ~2 TBSP Calories per serving: 23 Total Fat: 0 g

Sodium: 29 mg Potassium: 23 mg Carbohydrate: 5 g

Fiber: 0 g Sugar: 2 g Protein: 0 g