

# Recipe

## TACO POWER BOWL

### INGREDIENTS:

1 BAG SALAD MIX  
1 CUP QUINOA (PRONOUNCED KEEN-WAH)  
1 POUND GROUND BEEF  
1 BAG FROZEN CORN  
1 CAN BLACK BEANS  
1 PACKET TACO SEASONING  
1 CUP SHREDDED CHEESE  
1 RIPE AVOCADO  
1 CONTAINER GRAPE TOMATOES  
1 JAR OF SALSA  
SALT AND PEPPER (TO TASTE)

### INSTRUCTIONS:

1. THAW THE BAG OF CORN OVERNIGHT IN THE REFRIGERATOR
2. COOK THE QUINOA - RINSE QUINOA IN A MESH COLANDER (OPTIONAL) AND PLACE IN A SMALL POT. COVER WITH 2 CUPS OF WATER AND ½ TEASPOON OF SALT AND PLACE OVER MEDIUM HEAT. BRING TO A BOIL AND REDUCE HEAT TO LOW. COVER AND COOK ABOUT 10 MINUTES OR UNTIL ALL THE WATER IS ABSORBED. TURN OFF HEAT AND SET ASIDE.
3. SLICE GRAPE TOMATOES INTO QUARTERS AND PEEL, THEN DICE THE AVOCADO.
4. COOK THE GROUND BEEF. PLACE IN A SKILLET OVER MEDIUM-HIGH HEAT AND STIR UNTIL BROWNED ALL THE WAY THROUGH. DRAIN EXCESS FAT.
5. SPRINKLE ABOUT HALF THE TACO SEASONING OVER THE BEEF AND STIR TO COMBINE. YOU MAY NEED TO ADD SOME WATER TO HELP IT MIX IN. ADD MORE SEASONING TO TASTE (UNLESS YOU NEED TO LIMIT SALT INTAKE FOR ANY REASON)
6. ONCE THE BEEF IS SEASONED AND ANY WATER HAS EVAPORATED, SET ASIDE.
7. WIPE THE SKILLET CLEAN AND PLACE OVER MEDIUM HEAT. DRAIN AND RINSE THE BLACK BEANS IN THE COLANDER, AND PLACE THEM IN THE SKILLET. USE A TEASPOON OR TWO OF THE TACO SEASONING TO SEASON THE BEANS AND STIR TO HEAT THROUGH.
8. ASSEMBLE YOUR TACO BOWL WITH A BASE OF GREENS, QUINOA AND SEASONED BEEF.
9. FINISH WITH TOPPINGS OF BLACK BEANS, TOMATOES, CORN, AVOCADO, CHEESE, AND SALSA JUST BEFORE SERVING.

