

### **INGREDIENTS**

2 PERSON | 4 PERSON



Black Beans



Veggie Stock Concentrate



1 TBSP 2 TBSP Fry Seasoning



Lime



4 oz | 8 oz Pico de Gallo



4 TBSP 8 TBSP Guacamole





1/4 OZ 1/2 OZ Cilantro



4 oz | 8 oz Mango



Microwavable Rice



1 tsp 2 tsp Hot Sauce n

# **BEACHSIDE BLACK BEAN & MANGO-SALSA BOWLS**

plus Guacamole, Cilantro & Hot Sauce



**TOTAL TIME: 15 MIN CALORIES: 470** 



#### **BUST OUT**

- Strainer
- · Large bowl
- Medium pot
- Kosher salt

Zester

- · Black pepper
- · Small bowl
- Cooking oil (1 tsp | 1 tsp)

### **GRAIN EVENT**

Massaging the bag of rice a bit before microwaving helps separate the grains for more even heating.

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# **BEACHSIDE BLACK BEAN & MANGO-SALSA BOWLS**

plus Guacamole, Cilantro & Hot Sauce

## **INSTRUCTIONS**

- Drain beans. Heat a drizzle of oil in a medium pot over medium-high heat.
  Add half the beans, ¼ cup water (all the beans and ⅓ cup water for 4 servings),
  stock concentrate, Fry Seasoning, salt, and pepper. Bring to a simmer and cook,
  stirring occasionally, until thickened, 5-10 minutes. Remove from heat and keep covered until ready to serve.
- · While beans simmer, wash and dry produce.
- · Roughly chop cilantro. Zest and quarter lime.
- Drain mango and place in a small bowl; add pico de gallo, a pinch of cilantro, and juice from one lime wedge (two lime wedges for 4 servings).
- Massage rice in package to break up grains. Tear off top 2 inches of pouch to vent. Microwave until warmed through, 90 seconds. (Microwave times may vary. Be careful when handling and opening the microwaved pouch.)
- Place rice in a large bowl and add lime zest, half the remaining cilantro, juice from one lime wedge (two lime wedges for 4 servings), salt, and pepper. TIP: For richertasting rice, stir in 1-2 TBSP butter.
- Divide cilantro-lime rice between shallow bowls and top with beans and mango salsa. Dollop with guacamole and sprinkle with remaining cilantro. Drizzle bowls with as much hot sauce as you like and serve with remaining lime wedges.