

Black Bean Farro Burrito Bowl

For Little Palates: Farro with Black Beans and Veggies



Ingredients

1/23/41cup farro2/311 1/3cup cherry tomatoes1/23/41cup black beans, cooked1/23/41jalapeno, sliced1/23/41avocado1/23/41lime1/23/41cup cotija cheese, shredded1/23/41cup cotija cheese, shredded1/23/41roasted bell pepper, sliced1/23/41roasted bell pepper, sliced1/23/41roasted bell pepper, sliced1/23/41roasted bell pepper, sliced1/23/41roasted bell pepper, sliced1/23/41salt*25min olive oil*	2 servings	3 servings	4 servings		C Pas
1/23/41cup black beans, cooked1/23/41jalapeno, sliced1/23/41avocado1/23/41lime1/23/41cup cotija cheese, shredded1/23/41cup cotija cheese, shredded1/23/41roasted bell pepper, sliced1/23/41roasted bell pepper, sliced1/23/41roasted bell pepper, sliced1/23/41roasted bell pepper, sliced25 min25 min	1/2	3/4	1	cup farro	A series
1/23/41cooked1/23/41jalapeno, sliced1/23/41avocado1/23/41lime1/23/41Cup cotija cheese, shredded1/23/41roasted bell pepper, sliced1/23/41roasted bell pepper, sliced1/23/41roasted bell pepper, sliced25 minxalt*xalt*	2/3	1	1 1/3	cup cherry tomatoes	
1/23/41avocadoApproximately 4001/23/41limeImeIme1/23/41cup cotija cheese, shredded roasted bell pepper, sliced salt*ImeIme1/23/41roasted bell pepper, sliced salt*ImeIme1/25/41salt*Ime1/25/41salt*Ime1/25/41salt*Ime1/25/41salt*Ime1/25/41salt*Ime1/25/41salt*Ime1/25/41salt*Ime1/25/41salt*Ime1/25/41salt*Ime1/25/41salt*Ime1/211salt*Ime1/211salt*Ime1/2111salt*1/2111salt*1/211111/211111/21111/21111/21111/21111/21111/21111/21111/21111/21111/21111/21 <td< td=""><td>1/2</td><td>3/4</td><td>1</td><td></td><td></td></td<>	1/2	3/4	1		
1/2 3/4 1 lime 1/2 3/4 1 cup cotija cheese, shredded 1/2 3/4 1 roasted bell pepper, sliced 1/2 3/4 1 roasted bell pepper, sliced salt* pepper* 25 min	1/2	3⁄4	1	jalapeno, sliced	
1/2 3/4 1 cup cotija cheese, shredded 1/2 3/4 1 roasted bell pepper, sliced 1/2 3/4 1 salt* pepper* 25 min	1/2	3/4	1	avocado	Approximately 400
1/2 3/4 1 shredded roasted bell pepper, sliced Image: Shredded 1/2 3/4 1 roasted bell pepper, sliced Image: Shredded salt* pepper* 25 min	1/2	3/4	1	lime	
sliced salt*	1/2	3/4	1		\square
pepper* 25 min	1/2	3/4	1		U U
pepper≁				salt*	
olive oil*				pepper*	25 min
				olive oil*	

* From your pantry

All produce is cleaned and all ingredients are premeasured unless noted otherwise

Tools You Will Need: Medium Saucepan





If your kids don't like their food mixed together, offer the ingredients separated out on their plates or try putting each ingredient in a separate bowl or ramekin so they can choose what they want on their plates.

Black Bean Farro Burrito Bowl DIRECTIONS PLEASE READ RECIPE THROUGH BEFORE COOKING

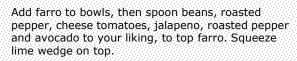


Bring 4 cups of salted water to a rolling boil in a small saucepan (large bubbles rolling over each other). Add 1 cup farro to the water, return the water to a boil, and cook for 15-17 minutes, until farro is soft, but chewy. Then strain farro in a colander/strainer with small holes or mesh screen.

While the farro is cooking, cut avocado into small pieces, halve cherry tomatoes and cut lime into wedges.



Add 1-2 tbsp. of olive oil to the same pan used for the quinoa, and heat until shimmering. Add beans to pan and cook on medium heat for 2-3 minutes, stirring occasionally, until beans are brought to room temperature. Season to taste with salt and pepper.



Optional: Serve kids' meal with ingredients separated out on their plates or in separate ramekins and let them choose what they want.

