



Black Bean Farro Burrito Bowl

For Little Palates: Farro with Black Beans and Veggies



Ingredients

| 2 servings | 3 servings | 4 servings | |
|------------|------------|------------|-----------------------------|
| 1/2 | 3/4 | 1 | cup farro |
| 2/3 | 1 | 1 1/3 | cup cherry tomatoes |
| 1/2 | 3/4 | 1 | cup black beans, cooked |
| 1/2 | 3/4 | 1 | jalapeno, sliced |
| 1/2 | 3/4 | 1 | avocado |
| 1/2 | 3/4 | 1 | lime |
| 1/2 | 3/4 | 1 | cup cotija cheese, shredded |
| 1/2 | 3/4 | 1 | roasted bell pepper, sliced |
| | | | salt* |
| | | | pepper* |
| | | | olive oil* |



Approximately 400 calories



25 min

* From your pantry

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

Tools You Will Need: Medium Saucepan

Kid Tip



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.

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DIRECTIONS

PLEASE READ RECIPE THROUGH BEFORE COOKING

1



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.

2



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.

3



Add farro to bowls, then spoon beans, roasted pepper, cheese tomatoes, jalapeno, roasted pepper and avocado to your liking, to top farro. Squeeze lime wedge on top.



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