

VEGGIE FAJITA SALAD

Prep Time: 10 mins

Cooking Time: 30 mins

Servings: 4



INGREDIENTS

- 2 medium yellow onions, sliced
- 2 small zucchini, thick sliced
- 2 bell peppers, sliced
- 2 cloves garlic, minced
- 1/2 bunch cilantro, chopped
- 1 bag of spinach or lettuce greens
- 1 tablespoons olive oil*
- 1 lime, juiced
- 2 15oz cans black beans
- 1 cup dry jasmine rice
- 1 teaspoon cumin*
- 1 teaspoon salt*

**ingredients that are not provided by the Good Food Bus*

INSTRUCTIONS

1. **Prepare and Cook Beans** : Pour contents of cans of black beans into a medium saucepan with a lid along with juice from ½ a lime, chopped cilantro, minced garlic, cumin, and salt. Stir to combine then cover with lid and place on a burner on medium heat. Simmer with lid on for 10-12 minutes, stirring every few minutes, then uncover and reduce heat to low. Continue cooking and stirring until most of the liquid has cooked off.
2. **Prepare and Sauté Vegetables** : Peel and slice onions, slice zucchini into thick round pieces, and remove membrane and seeds from bell peppers and slice. Heat up a large sauté pan on medium-high heat and add olive oil. Toss in veggies and cook for 10-15 minutes, stirring often until veggies start to brown. Add a pinch of salt, stir, and sit aside. (*Helpful Hint : I recommend starting with peppers and onions for a few minutes, then adding zucchini*).
3. **Rinse and Cook Rice** : Thoroughly rinse and drain rice while the veggies are finishing up. Add drained rice to a medium saucepan with a lid with 2 cups of water, a pinch of salt, and a splash of olive oil. Cook on high heat, stirring often to prevent sticking, until water begins to boil. Then, reduce heat and cover with lid. Simmer for 8-10 minutes or until all liquid is absorbed by rice.

> Excellent served with slices of avocado, sour cream (or greek yogurt), queso fresco, and toasted corn or flour tortillas.

>Add any extra cilantro and lime juice to the rice!

>To spice things up, add diced jalapenos or a favorite hot sauce to the bean mixture.

>Makes the best leftovers for lunch the following day!

FOR THE EXTENDED RECIPE, MEAL PHOTOS, AND HELPFUL HINTS—GO TO...



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