



FANIMAL
RECIPES

QUINOA AND GUAC BOWL

TOTAL TIME: 55 MIN

- 1 15 oz can pinto or black beans, rinsed and drained
- 2 1/2 cups water
- 2 cups quinoa
- 1/2 tsp salt
- 1 tbsp olive oil
- 1 red bell pepper
- 1 yellow bell pepper
- 1/2 tsp ground black pepper
- 4 cups romaine lettuce and/or spinach leaves
- 1 cup vegan shredded cheese
- 1 avocado - sliced
- 1/4 cup vegan sour cream

Photo Credit: All Recipes

- 1** Heat pinto beans in a saucepan over low heat until hot, 5 to 7 minutes.
- 2** Bring water, quinoa, and salt to a boil in a saucepan and simmer until quinoa is tender and water is absorbed, 15 to 20 minutes. Remove from heat and set aside to cool, about 10 minutes.
- 3** Heat olive oil in a skillet over medium heat. Add red bell pepper, yellow bell pepper, and black pepper; cook and stir until bell peppers are softened but still crisp, about 10 minutes.
- 4** Toss quinoa, beans, and lettuce/spinach together in a bowl. Top with pepper mixture, vegan cheese, avocado, and vegan sour cream.

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