- Prep Time: 15 minutes
- Cook Time: 20 minutes
- Total Time: 35 minutes
- Servings: 4
- Cuisine: Southwestern / Tex-Mex
- Course: Main Course

Table of Contents

- Ingredients
- Instructions
- Tips & Variations
- Nutrition Information (Estimated)

Ingredients

For the Cilantro-Lime Rice:

- 1 cup long-grain white rice, rinsed

- 2 cups water (or vegetable broth for more flavor)
- ½ teaspoon salt
- ½ cup fresh cilantro, finely chopped
- Juice of 1 lime (about 2 tablespoons)
- 1 tablespoon olive oil

For the Southwestern Bowl Components:

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 1 (15-ounce) can black beans, rinsed and drained
- 1 cup frozen or canned corn, drained

- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- Salt and black pepper to taste
- 1 cup cherry tomatoes, halved
- 1 large avocado, sliced or diced
- 1 cup shredded sharp cheddar cheese (or a Mexican cheese blend)
- ½ cup sour cream or plain Greek yogurt
- ¼ cup fresh cilantro, chopped (for garnish)
- Lime wedges, for serving

Instructions

1. Prepare the Cilantro-Lime Rice:

- In a medium saucepan, combine the rinsed rice, water (or broth), and ½ teaspoon of salt. Bring to a boil over high heat.

- Once boiling, reduce the heat to low, cover, and simmer for 15-20 minutes, or until the rice is tender and the liquid is absorbed.

- Remove from heat and let it sit, covered, for 5 minutes. Fluff the rice with a fork.

- In a small bowl, whisk together the chopped cilantro, lime juice, and olive oil. Pour this mixture over the cooked rice and fluff gently to combine. Set aside and keep warm.

2. Sauté the Vegetables and Beans:

- While the rice is cooking, heat 1 tablespoon of olive oil in a large skillet over medium-high heat.

- Add the diced onion and red bell pepper. Sauté for 5-7 minutes, until they begin to soften.

- Add the minced garlic and cook for another 30 seconds until fragrant.

- Stir in the black beans, corn, chili powder, cumin, smoked paprika, salt, and pepper. Cook for 3-5 minutes, stirring occasionally, until the mixture is heated through and the flavors have melded. Remove from heat.

3. Assemble the Bowls:

- Divide the warm cilantro-lime rice evenly among four serving bowls.
- Top each bowl with a generous scoop of the black bean and corn mixture.
- Arrange the halved cherry tomatoes and sliced avocado on top.
- Sprinkle each bowl with shredded cheddar cheese.
- Add a dollop of sour cream or Greek yogurt.
- Garnish with fresh chopped cilantro and serve with a lime wedge on the side for squeezing.

Tips & Variations

- Make it Vegan: Omit the cheese and sour cream, or use your favorite plant-based alternatives. The bowl is still incredibly flavorful without them!
- Add Protein: For a heartier meal, add grilled chicken, seasoned ground beef (taco meat), or grilled shrimp.
- Meal Prep: These bowls are perfect for meal prep. Store the components separately in airtight containers in the refrigerator for up to 4 days. Assemble just before eating to keep the avocado and tomatoes fresh.

- Spice it Up: Add a finely diced jalapeño to the sautéing vegetables, or serve with a side of your favorite hot sauce.

Nutrition Information (Estimated)

Per Serving (1 bowl):

- Calories: 585
- Total Fat: 25g
- Saturated Fat: 9g
- Cholesterol: 35mg
- Sodium: 550mg
- Total Carbohydrates: 70g
- Dietary Fiber: 13g
- Sugars: 8g

- Protein: 18g