



Mexican Bowl

Serves 2. Includes nightshades.

INGREDIENTS:

- 1 cup cooked brown rice (heated)
- Tomatillo salsa (if desired)

Spicy Black Beans

- 2 Tbsp. coconut oil
- 1 cup diced red onion
- 4 medium garlic cloves, minced
- $\frac{3}{4}$ to 1 cup fresh tomatoes, chopped (omit if nightshades are an issue)
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp dried oregano
- $\frac{1}{4}$ tsp red pepper flakes, optional
- $\frac{1}{2}$ + $\frac{1}{8}$ tsp sea salt, or to taste
- 2 $\frac{1}{2}$ Tbsp. tomato paste
- 1 (14-oz) can black beans, drained and rinsed
- $\frac{1}{2}$ cup unpacked cilantro, large stems removed and finely chopped

Avocado Lime Sauce

- 1 large garlic clove
- 1 large avocado, pitted and chopped
- 1 Tbsp. fresh lime juice, plus more to taste
- 1 Tbsp. coconut water or plain water
- $\frac{1}{4}$ tsp fine sea salt, or to taste

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Directions

Set cooked warm brown rice aside.

Prepare the Spicy Black Beans: In a large skillet, add the oil and melt it over medium heat. Stir in the onion and garlic, along with a pinch of salt, and sauté for about 4-5 minutes, until softened. Stir in the chili powder, cumin, garlic powder, dried oregano, red pepper flakes (if using), and 1/2 teaspoon salt. Sauté for 1 min.

Now stir in the tomato paste and drained and rinsed black beans. Cook for a few more minutes until heated. Stir in the cilantro. Heat through and turn the burner off.

For the Avocado-Lime Sauce: Mince the garlic clove in a mini food processor, add the chopped avocado, lime juice, coconut water, and salt. Process until smooth. Taste and adjust lime juice if desired. If you are like me, you may want more lime juice.

Divide the rice between 2 bowls. Top each with the black bean mixture and a large spoonful of both the tomatillo salsa and the Avocado-Lime Sauce.

Add other garnishes you might desire, like sliced green onions or grape tomatoes. Serve immediately.

Find more autoimmune-friendly recipes and information in Kaia's 'Autoimmune Guide for Optimum Health' at kaiaalline.com/autoimmune