

Grilled Veggie Taco Bowl

Prep time	Cook time	Total time
30 mins	10 mins	40 mins

A crispy-crunchy, amazingly flavourful, veggie-loaded taco bowl with all the fixins'. Serves 2.

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Recipe type: Lunch and Dinner, Main Course

Cuisine: Vegan

Serves: 2 servings

Ingredients

Grilled Veggies

- $\frac{3}{8}$ cup zucchini, halved and sliced
- $\frac{3}{8}$ cup sliced bell peppers (red, green and yellow)
- $\frac{1}{4}$ red onion, thin sliced
- $\frac{2}{3}$ cup sliced mushrooms
- 1 handful baby spinach, roughly chopped
- $\frac{1}{4}$ tsp salt

Taco Rice & Beans

- $1\frac{1}{2}$ cups cooked white or brown rice
- $\frac{2}{3}$ cup black beans, rinsed and drained
- 3 tbsp taco sauce

Toppings

- 1 vine-ripened tomato, chopped
- 1 handful baby spinach, roughly chopped
- 2-4 tbsp guacamole
- 2-4 tbsp salsa
- 2+ handfuls of tortilla chips

More Optional Toppings

- $\frac{1}{4}$ cup Daiya Mozzarella, Cheddar, or Pepperjack style shreds
- fresh lime juice or wedges
- extra taco sauce for drizzling
- jalapeño, thin sliced
- cilantro, chopped
- salsa baked tofu

Instructions

1. Combine cooked rice, rinsed black beans, and taco sauce in a microwave-safe container. Heat on high for 3-4 minutes or until hot.
2. Preheat grill or skillet (high heat). Spray with non-stick cooking spray or brush with vegetable oil (about 2-3 tsp.)
3. Cook bell pepper, red onion, and zucchini for about 4 min. Add mushrooms, sprinkle with salt and cook for another 5-6 minutes or until veggies are tender. Add spinach and cook until just wilted.
4. To serve: Scoop $\frac{3}{4}$ cup of rice and bean mixture into a bowl and add $\frac{1}{2}$ of the grilled veggies. Top with a handful of fresh greens (iceberg lettuce or spinach), fresh chopped tomato, 2+ handfuls of crushed tortilla chips, 1-2 tbsp of guacamole, and 1-2 tbsp of salsa. Add any optional topping you desire (fresh cilantro, Daiya cheese, fresh lime juice, salsa baked tofu, extra taco sauce, etc.)



Recipe by I LOVE VEGAN at <http://www.ilovevegan.com/grilled-veggie-taco-bowl/>