

Black Bean & Beef Burrito Bowls

Serves: 8
Prep: 30 mins
Cook: 20-25 mins



Dietary: EF, NF
Allergens: Dairy, Wheat
Age group: 8 months+

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Ingredients

Black bean & corn salsa:

- 200g can of black beans, drained and rinsed
- 200g tin of corn, drained and rinsed
- 2 tomatoes (200g), rinsed
- ½ red or yellow capsicum (125g), rinsed and seeds removed
- 1 tbsp (10g) fresh coriander, rinsed and finely chopped
- 1 lime, juiced
- 1 tbsp (20ml) extra virgin olive oil

Beef Mix

- 1 tbsp (20ml) extra virgin olive oil
- 1 small brown onion, peeled and finely minced
- 2 garlic cloves, peeled and crushed
- 1 stalk of celery, rinsed and finely chopped
- 1 carrot, peeled and finely grated
- 560g lean beef mince
- 1 cup (250ml) tomato passata
- 1 tbsp (20g) tomato paste
- 1 tbsp low sodium soy sauce
- ½ tsp ground cumin
- ½ tsp oregano
- ½ tsp mild paprika
- Pinch of cracked black pepper

To serve:

- 4 cups cooked wholegrain rice
- 2 cups (200g) grated cheese
- 2 cups (225g) shredded lettuce
- 1 large, ripe avocado (200g), peeled, pit removed and mashed or cubed
- 3 cups (90g) corn chips (optional)

Method

1. To make the salsa, drain and rinse beans and corn then place in a large bowl.
2. Cut the tomatoes in half, scoop out the seeds and liquid and set aside (will use in beef mince later). Dice the flesh of the tomatoes and add to the bean mix.
3. Dice the capsicum, then add with coriander, lime juice and oil to the bean mix. Stir until well combined and set aside.
4. To make the beef, heat olive oil over medium heat in a large frying pan.
5. Add the onion and garlic and sauté for 2-3 mins.
6. Add celery and carrot and cook for another 2-3 mins.
7. Next, add beef mince to the pan, breaking up any clumps with a spatula. Cook for approx. 5 mins until the beef is browned, stirring occasionally.
8. Add tomato seed leftovers, passata, tomato paste and seasonings and let simmer for 5-10 mins, stirring occasionally.
9. Serve the beef mix, rice, vegetables, and corn chips (if using) as separate components, allowing each child to assemble their own bowl.

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Serving Suggestion: Serve with seasonal vegetables on the side.

Storing leftovers: Store in an airtight container in the fridge for 3-4 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:** For a dairy-free version: Leave out grated cheese. For a gluten-free version: Swap soy sauce with gluten-free soy sauce or tamari.
- ✓ **Easy ingredient swaps:** Swap vegetables for seasonal vegetables of choice. Swap corn chips to Lebanese bread, slice into small triangles and lightly toast (optional).
- ✓ **Baby-friendly version:** Serve mashed or in finger food-sized pieces.
- ✓ **For selective eaters:** Serve the beef mix, rice, vegetables, and corn chips as separate components and encourage children to assemble their own bowl.
- ✓ **For a vegetarian version:** Swap beef for tofu or legumes of choice.