

Mexican Bowl

Brown Rice

Black Beans

Sautéed zucchini, onions, mushrooms, peppers, tomatoes, etc.

Fresh chopped tomatoes, onions, avocado, cilantro, etc.

Topping- Southwest Sauce

Southwest Sauce

½ cup raw cashews

1 T. Tahini

½ tsp. garlic powder

½ tsp. onion powder

2 tsp. apple cider vinegar

½ tsp. maple syrup

1 tsp. smoked paprika

1 tsp. salt

¾ cup water

Blend well and store in an airtight container in the refrigerator.