

Shrimp & BEAN BURRITO BOWL

Recipe of the Month | **AUGUST**



WAC Fun Food Fact

This recipe makes use of lower sodium or no salt added versions of canned ingredients - a great way to reduce sodium while still reaping the convenience benefit of canned basics.

INGREDIENTS

- 3/4 cup unsalted chicken stock (such as Swanson)
- 2 (15-oz.) cans unsalted kidney beans, rinsed and drained
- 1 1/2 tablespoons unsalted butter
- 5/8 teaspoon kosher salt, divided
- 5/8 teaspoon freshly ground black pepper, divided
- 2 teaspoons olive oil 1 pound medium shrimp, peeled and deveined (about 24)
- 1 1/2 tablespoons sweet chili sauce (such as Mae Ploy)
- 1 (8.5-oz.) pkg. precooked brown rice (such as Uncle Ben's)
- 1 tablespoon chopped fresh cilantro
- 1 ripe avocado, sliced
- 2 tablespoons crumbled Cotija cheese
- 4 lime wedges

INSTRUCTIONS

- 1** Bring stock and beans to a simmer in a small saucepan over medium heat. Cook 10 minutes, stirring occasionally. Remove pan from heat. Place bean mixture, butter, 3/8 teaspoon salt, and 3/8 teaspoon black pepper in the bowl of a food processor; process until smooth.
- 2** Heat a large nonstick skillet over medium heat. Add oil to pan; swirl to coat. Sprinkle shrimp with the remaining 1/4 teaspoon salt and remaining 1/4 teaspoon black pepper. Add shrimp to pan; cook 4 minutes, stirring occasionally. Remove pan from heat. Stir in chili sauce.
- 3** Heat rice according to package directions.
- 4** Divide bean mixture and rice among 4 shallow bowls; top evenly with shrimp, cilantro, and avocado. Sprinkle with cheese. Serve with lime wedges.

Calories 464 Fat 15.3g Satisfat 4.5g Monofat 6.4g Polyfat 1.2g Protein 33g Carbohydrate 52g Fiber 21g Cholesterol 158mg Iron 3mg Sodium 581mg Calcium 206mg Sugars 2g Est. added sugars 0g

