



# SHRIMP & BEAN BURRITO BOWL

## INGREDIENTS

- 3/4 cup unsalted chicken stock
- 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
- 1 1/2 tablespoons sweet chili sauce
- 1 (8.5-oz.) pkg. precooked brown rice
- 1 tablespoon chopped fresh cilantro

## INSTRUCTIONS

1. Bring stock and beans to a simmer in a small saucepan over medium heat. Cook 10 minutes, stirring occasionally.
2. Place bean mixture, butter, 3/8 teaspoon salt, and 3/8 teaspoon black pepper in the bowl of a food processor; process until smooth.
3. 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.

- 1 ripe avocado, sliced
- 2 tablespoons crumbled Cotija cheese
- 4 lime wedges

## MANGO SLAW (OPTIONAL)

- 1/4 cup thinly diagonally sliced green onions
- 1 tablespoon rice vinegar
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 (10-oz.) pkg. coleslaw
- 1 jalapeño, seeded and finely chopped
- 1 small ripe mango, peeled and thinly sliced

3. Heat rice according to package directions.
4. Divide bean mixture and rice among 4 shallow bowls; top evenly with shrimp, cilantro, avocado and mango slaw. Sprinkle with cheese. Serve with lime wedges.

## TO MAKE SLAW

Combine all ingredients in a large bowl; toss well to coat. Let stand for at least 10 minutes.

*Calories 75 Fat 0.4g Satisfat 0.1g Monofat 0.1g Polyfat 0.1g Protein 2g  
Carbohydrate 18g Fiber 3g Cholesterol 0.0mg Iron 0.0mg Sodium 139mg  
Calcium 48mg Sugars 14g Est. added sugars 0g*



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