Breakfast Buddha Bowl



All the benefits of a buddha bowl for breakfast with refried beans, a hard-boiled egg and loads of veggies for a new breakfast favorite. Substantial and flavorful this breakfast that will sustain energy for hours. It also makes a great lunch

Timing

Prep time	Total time	Skill level
20	**35**	**Easy**

What You'll Need

- 1 cup cherry tomatoes, cut in half
- 1 cup English cucumber slices, cut in half
- 1 green onion, chopped
- 1/2 red pepper, seeded and cut into strips
- 1/2 avocado, peeled and cut into pieces
- 1 cup frozen corn niblets
- 1 cup refried beans
- Sea salt and black pepper to taste
- 1 egg, hard boiled, peeled and sliced
- 1 tbsp olive oil
- 1/2 medium onion, diced

- 2 cloves garlic, chopped
- 1 tsp chili powder
- 1 tsp ground cumin
- 2/3 cup chicken broth or vegetable broth
- 1 (15-ounce) can adzuki beans (or pinto beans), rinsed and drained
- Sea salt and black pepper to taste
- 2 tbsp chopped fresh cilantro leaves
- 2 tbsp olive oil
- 1 tbsp lime juice
- 1 tsp balsamic vinegar
- 1/2 tsp sugar
- 1/4 cup chopped fresh cilantro
- Sea salt and black pepper to taste

Directions

1. Place the tomatoes, cucumber, green onion, red pepper, and avocado in a bowl.
2. Add the lime cilantro dressing (see below). Toss. Season with sea salt and pepper.
3. Place the corn in a double boiler (a small bowl resting in a pot with an inch of water) and steam for 3 minutes. Season with sea salt and pepper. Place the corn in the bowl with the tomato mixture.
4. Add the hot refried beans (see below) to the mixture. Top with the egg slices. Serve.

Lime Cilantro Dressing

Mix all ingredients in a bowl.

Refried Beans

1. Place a large skillet on medium heat and add the olive oil.
2. Add the onion and lightly sauté for a few minutes until the onions are slightly translucent. Add the garlic, chili powder, and cumin, and sauté for another minute.
3. Add the broth and the beans and cook for about 5 minutes. Lightly mash the beans mixture. Season with sea salt and pepper. Add the cilantro and stir.
4. If not using right away, let cool. Put into an airtight container and store in the refrigerator

Tip: To make this easier to throw together for breakfast, make the refried beans and boil the egg the night before. The salad can also be made ahead, but leave out the avocado and add it in the morning.