Whole Bowl

Serves 12

If you have access to electricity at the site, a rice cooker or instant pot can make this meal much easier to prepare.

Tali Sauce (Make Ahead)

- ¾ C. Extra Virgin Olive Oil
- ¾ C. Water
- ¾ C. Nutritional Yeast
- 3 Lemons, Juiced
- 9 Garlic Cloves
- 1 C. Canned Chickpeas
- 1 ½ tsp Mustard Powder
- ¾ tsp Ground Cumin
- ¾ tsp Curry Powder
- ¾ tsp Ground Turmeric
- 1 ½ tsp Salt
- ½ tsp Garlic Powder
- ½ tsp Onion Owder
- ¼ tsp Cayenne

Instructions for Sauce

1. Combine all ingredients in blender and blend until smooth. Add additional lemon juice and salt as needed.

Ingredients for Bowl

- 4 C. Uncooked Brown Rice (12 C. Cooked)
- 3 Cans (15 oz) Black Beans
- Salsa
- Tali Sauce 1/4 cup per bowl
- 3 C. Shredded Cheddar Cheese
- 1/4 cup black olives roughly chopped (1 Tbs per bowl)
- 1/4 cup sour cream 1 Tbs per bowl
- 1 avocado sliced (1/4 avocado per bowl)
- 1/4 cup cilantro fresh, chopped (1 generous pinch per bowl)
- Optional shredded chicken

Instructions for Bowl

1. Add desired ingredients into bowls and top with Tali Sauce and Salsa.

lunch, dinner, make ahead, vegan, vegetarian, gluten free

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