

# 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)

- $\frac{3}{4}$  C. Extra Virgin Olive Oil
- $\frac{3}{4}$  C. Water
- $\frac{3}{4}$  C. Nutritional Yeast
- 3 Lemons, Juiced
- 9 Garlic Cloves
- 1 C. Canned Chickpeas
- 1  $\frac{1}{2}$  tsp Mustard Powder
- $\frac{3}{4}$  tsp Ground Cumin
- $\frac{3}{4}$  tsp Curry Powder
- $\frac{3}{4}$  tsp Ground Turmeric
- 1  $\frac{1}{2}$  tsp Salt
- $\frac{1}{2}$  tsp Garlic Powder
- $\frac{1}{2}$  tsp Onion Powder
- $\frac{1}{4}$  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  $\frac{1}{4}$  cup per bowl
- 3 C. Shredded Cheddar Cheese
- $\frac{1}{4}$  cup black olives roughly chopped (1 Tbs per bowl)
- $\frac{1}{4}$  cup sour cream 1 Tbs per bowl
- 1 avocado sliced ( $\frac{1}{4}$  avocado per bowl)
- $\frac{1}{4}$  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.

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Last update: **2025/11/26 13:32**

