

Whole Bowl

Serves 12

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.

dinner, make ahead, vegan, vegetarian, gluten free

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