

Adobo Black Bean Fajita Bowls with Avocado Yogurt

This recipe was provided by Carolyn Hodges of [The Dinner Shift](#).

Prep time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Serves 4

Ingredients

- 1 Tbsp. olive oil
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- ½ large red onion, sliced
- 1 ½ tsp. Heinen's Organic Adobo Seasoning, divided
- ½ tsp. dried oregano
- 1 14.5 oz. can Heinen's Organic Black Beans
- ⅛ tsp. cayenne pepper (optional)
- ½ medium ripe avocado
- ½ cup plain whole milk kefir (Recommend: Wallaby Organic)
- ⅓ cup packed cilantro leaves and stems
- 1 Tbsp. lime juice (more to taste)
- ¼ tsp. kosher salt (more to taste)
- 2 cups cooked brown rice
- ½ cup salsa
- Lime wedges



Instructions

1. Heat olive oil in a medium skillet over medium heat. Add bell peppers and onion and sauté for 10 minutes. Season with ½ tsp. Adobo seasoning and oregano; set aside.
2. Drain ⅓ cup liquid from the can of black beans and discard. Transfer beans and remaining liquid from can to a small sauté pan. Stir in the remaining tsp. of Adobo seasoning and cayenne (optional). Set over medium-high heat and bring to a simmer; set aside.
3. In a high-powered blender, combine avocado, kefir, cilantro, lime and salt and blend until very smooth. Season to taste with additional lime juice and salt.
4. To serve, divide rice among 4 wide, shallow bowls. Top each with a serving of the peppers and onions, black beans and salsa. Top with avocado yogurt sauce and serve with a lime wedge.