



TEEN BATTLE CHEF



BURRITO BOWL



15 mins



20 mins



14 tasting servings



- 3 cups** Uncooked brown rice
- 5 lg or 6 sm** Ears of fresh corn
- 3 medium** Poblano peppers, diced
- 4 tablespoons** Olive oil, divided
- ½ teaspoon** Garlic powder
- ½ teaspoon** Chili Powder
- Pinch** Salt
- 6** Garlic cloves, minced
- 3, 15-oz cans** Black beans, drained and rinsed
- 1½ teaspoon** Cumin
- ½ teaspoon** Black pepper
- 2 - 3 cups** Vegetable broth
- 2 - 3 pints** Cherry tomatoes, quartered
- 3 ripe** Avocados, pitted and cubed
- 1½ cup** Cotija cheese, crumbled
- 4** Jalapeños seeded, chopped (topping)
- 3 large** Pan Fried Chicken Breasts Sliced (Optional)

For the Cilantro-Lime Dressing:

- 1 large bunch** Cilantro leaves, minced
- 2 - 3 cloves** Garlic, finely minced
- 2** Limes, juiced
- ½ - 1 cup** Scallions, minced
- 1 cup** Sour cream (or Greek yogurt)
- ⅓ - ½ cup** Olive oil
- 1 teaspoon** Salt

COOKING DIRECTIONS

1. **COOK** the brown rice according to package directions; set aside.
2. **HEAT** 2 tablespoons of olive oil in a large skillet. **ADD** corn, poblano pepper, chili powder, garlic powder, and a pinch of salt. **SAUTÉ** over medium-high heat until toasted and slightly charred. **TRANSFER** corn mixture into a separate bowl. **SET** aside.
3. **ADD** the 6 cloves of garlic and 2 tablespoons of oil to the same large skillet and **SAUTÉ** for 30 seconds. **STIR** stir in beans, cumin, broth, and salt; **COOK** for 7 - 10 minutes until most of the broth has been absorbed.
4. **SEASON** chicken breasts with salt/pepper. **SAUTÉ** in skillet 5 minutes on each side. **SLICE**.
5. **Dressing: PUREE** in a food processor or **WHISK** by hand, the cilantro, garlic, lime juice, scallions, sour cream, ⅓ cup of oil, and salt until smooth. **ADD** the juice of 2 limes. **TASTE**. and **ADJUST** flavor with additional seasoning ingredients or more olive oil.
6. **ASSEMBLE** equal parts, rice, roasted vegetables, black beans, avocados and tomatoes in individual serving bowls. **ADD** sliced chicken - if using.
7. **TOP** with cotija cheese and jalapeno peppers.
8. **DRIZZLE** with lime dressing.
9. **SEASON** each serving with additional salt, pepper, cilantro leaves or lime juice if desired.



EQUIPMENT NEEDED



- Large Pot with Lid for Rice
- Large Skillet
- Chef's Knives
- Cutting Boards + Paper Towels
- Measuring Spoons & Cups
- Large Mixing Bowl
- Whisk or Blender/Food Processor
- Can Opener
- Colander
- Tongs
- Spatula
- Serving Spoon
- *Mise en Place* Bowls
- Tasting Spoons



- Serving Bowls
- Spoons/Forks
- Napkins

SEASONAL INGREDIENT SUBSTITUTIONS

Using seasonal ingredients not only enhances flavor and freshness but also supports local farmers. They provide the best taste and nutrition when they're at their peak. If you can't find them, don't worry! You can always use similar ingredients to keep the dish's essence intact.



Fall

Butternut or Delicata Squash, Sweet Potatoes,



Winter

Carrots, Parsnips, Kale or Cabbage, Citrus



Spring

Asparagus, Sugar Snap Peas, Radishes



Summer

Zucchini or Yellow Squash, Fresh corn on the cob



CULTURAL FACTS: BURRITO BOWLS

The “burrito bowl” is a modern U.S. invention, inspired by Mexican burritos but served deconstructed. It became popular with fast-casual restaurants in the 2000s, offering a healthier, customizable option.



- **Corn:** A staple food in Mexico for thousands of years — the Mayans even called themselves the “people of the corn.” Street food like **elote** (grilled corn with lime, chili, and cheese) keeps the tradition alive.
- **Poblano Peppers:** From Puebla, Mexico. When dried, they become **ancho chiles** used in mole sauce. Mild and flavorful — great for beginners learning peppers.
- **Black Beans:** Eaten in Central and South America for more than **7,000** years. Beyond nutrition, beans represent community, since families cook and share them in big pots.
- **Avocado:** Native to Mexico and Central America, once called “ahuacatl” in Nahuatl (Aztec language). Seen as a symbol of **strength and energy** long before avocado toast.

NUTRITION FACTS

- **CARBS** for fast energy = corn, brown rice
 - **FIBER** for digestion, lower cholesterol, feeling full = black beans, poblano peppers
- **PROTEIN** for building up body tissues, energy = black beans
- **FAT** for long lasting energy, feeling full = avocado, olive oil
- **VITAMINS AND MINERALS** for immune health = poblano peppers, tomatoes, cilantro, lime
 - **CALCIUM** for strong bones = cotija cheese
 - **VITAMIN C** for immune support = tomatoes, poblano peppers, lime
 - **ANTIOXIDANTS** for cell protection = cilantro, lime