

# Burrito Bowl Mason Jar

10 ingredients · 25 minutes · 4 servings



## Directions

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1. Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
2. Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
3. Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

16 fl oz (500 mL) mason jars were used here. One mason jar is one serving.

## Ingredients

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- 1 cup Quinoa
- 2 cups Water
- 1 lb Extra Lean Ground Chicken
- 1/2 cup Salsa
- 2 Avocado (peeled and diced)
- 2 Tomato (diced)
- 1 cup Baby Spinach (chopped)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)