

Black Bean Breakfast Bowl

A black bean breakfast bowl is a quick, nutritious meal featuring warm black beans and eggs, often with fresh toppings like avocado and salsa. The ingredients can be easily customized to fit your taste and what you have on hand.

Ingredients

- 1 (15-ounce) can black beans, rinsed and drained
- 4 eggs
- 1 avocado, peeled and sliced
- ¼ cup salsa
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions

1. **Warm the beans:** Place the rinsed black beans in a microwave-safe bowl. Microwave on high for about 1 minute, or until warm. For more flavor, you can simmer them on the stovetop with seasonings like cumin and garlic.
2. **Cook the eggs:** While the beans are warming, heat olive oil in a skillet over medium heat. Beat the eggs and pour them into the pan. Scramble the eggs until they are cooked through, about 3 to 5 minutes.
3. **Assemble the bowl:** Divide the warm black beans between two serving bowls. Top with the scrambled eggs, sliced avocado, and salsa. Season with salt and pepper to taste.

Variations and customization

- **Add greens:** Wilt spinach or kale in your skillet for extra nutrients.
- **Include a base:** Serve the beans and other toppings over cooked brown rice or quinoa to make it more filling.
- **Enhance the flavor:** Sauté diced onions, peppers, and garlic with the black beans. Add spices like chili powder, cumin, and smoked paprika.
- **Switch up the protein:** Replace scrambled eggs with a fried or poached egg. For a vegetarian option, replace eggs with Greek-style yogurt and cheese.
- **Add more toppings:** Get creative with your toppings, such as crumbled feta or cotija cheese, fresh cilantro, sliced cherry tomatoes, or hot sauce.
- **Swap vegetables:** For a heartier meal, replace some toppings with cubed, roasted sweet potatoes.