

CANNED BEAN PROTEIN BOWL

3 No-Cook Recipes | 10 Minutes | Zero Dishes | homemaderecipes.com

THE BOWL FORMULA		FLAVOR-INFUSION CHECKLIST	
Base Layer	1 cup chickpeas, cannellini, or black beans	1	Rinse under cold water 30 sec until liquid runs clear.
Protein Anchor	3-4 oz canned tuna, feta, boiled eggs, or hemp seeds	2	Transfer to bowl while still damp.
Crunch Element	1/2 cup cucumber, bell pepper, celery, or red onion	3	Hit with acid (lemon juice or vinegar) BEFORE oil.
Binder	2 tbsp lemon + olive oil, pesto, or chunky salsa	4	Add a pinch of kosher salt and toss to coat.
		5	Layer crunch element on top.
		6	Add protein anchor.
		7	Drizzle binder, fold from bottom up. Done.

RECIPE 1: MEDITERRANEAN ZEST	RECIPE 2: TUSCAN PESTO	RECIPE 3: SOUTHWEST FIESTA
<p>Chickpea + Feta</p> <p>1 can (15 oz) chickpeas, rinsed 3 oz block feta, crumbled 1/2 cup English cucumber, diced Handful cherry tomatoes, halved 1 tbsp fresh lemon juice 1 tbsp extra virgin olive oil Pinch dried oregano + kosher salt</p>	<p>Cannellini + Tuna</p> <p>1 can (15 oz) cannellini beans, rinsed 4 oz oil-packed canned tuna, flaked 1/2 cup celery (with leaves), diced 1 tbsp red wine vinegar 2 tbsp jarred basil pesto Salt and black pepper to taste</p>	<p>Black Bean + Egg</p> <p>1 can (15 oz) black beans, rinsed 2 hard-boiled eggs, halved 1/2 cup orange bell pepper + red onion Juice of 1 fresh lime 2 tbsp chunky tomato salsa Handful raw pumpkin seeds Kosher salt to taste</p>

EMERGENCY SWAP MATRIX		PRO TIPS
		<p>Acid first, oil second. Wet beans absorb acid. Oil seals the skin. Wrong order = bland bowl.</p> <p>45-sec rinse for black beans. Their packing liquid is thicker. Run water until it clears completely.</p> <p>Add Dijon to your dressing. Half a teaspoon emulsifies the vinegar and oil so it clings instead of puddles.</p> <p>Damp beans only. If your beans have dried out after rinsing, splash 1 tsp water before adding acid.</p> <p>Build secondary meals. Double the protein anchor. Half goes in tonight's bowl; half tops tomorrow's salad.</p> <p>Use Persian cucumbers. Field cucumbers leak water over time. Persian or English cucumbers stay crisp for 3 days.</p>
Chickpeas	Kidney beans or lentils (canned, rinsed)	
Feta	Crumbled goat cheese or 1/4 cup hemp seeds	
Canned tuna	Oil-packed sardines or canned salmon	
Lemon juice	Red wine vinegar or apple cider vinegar	
Fresh cucumber	Sliced celery or diced zucchini (raw)	
Basil pesto	Sun-dried tomato tapenade or tahini + lemon	
Hard-boiled eggs	1/4 cup edamame or 2 tbsp sunflower seeds	
Salsa	Diced tomatoes + pinch cumin + lime juice	