



# Mexican Haystacks

## Ingredients

- Brown Rice, cooked.
- Pinto, Borlotti or black beans, boiled & seasoned or canned
- Red, yellow or orange capsicum / bell pepper, diced
- Fresh tomatoes, chopped
- Black olives, chopped or sliced
- Avocado, cubed
- Cucumber
- Tofu Sour Cream

## Instructions

Everyone will like this fun and festive meal. It is best served buffet style. Arrange on the buffet table in the order listed above. Begin by piling brown rice on your plate. Next spoon the beans on top of the rice and continue adding to the “haystack” until you have topped off with Tofu Sour Cream.

## Tofu Sour Cream

2 cups tofu

1 tsp onion powder

¼ cup lemon juice (fresh)

¼ cup water

1/8 tsp garlic powder

1/8 tsp basil (optional)

½ tsp salt

Blend (whiz) all ingredients. Chill and serve.