# Rice Bowl Southwestern Style

You can use any leftover cooked grain in this recipe. Try white or wild rice, quinoa, barley or oatmeal. For a spicier dish, add chili powder, red pepper flakes or taco sauce in Step 1.

Makes: 2 servings

Source: foodhero.org recipe/rice bowl

southwestern style Photo: unsplash.com

#### **Ingredients**

- 1 teaspoon vegetable oil
- 1 cup chopped vegetables (try a mixture bell peppers, onion, corn, tomato, zucchini)
- 1 cup cooked meat (chopped or shredded), beans or tofu
- 1 cup cooked brown rice
- 2 Tablespoons salsa, shredded cheese or low-fat sour cream

#### **Directions**

- In a medium skillet, heat oil over medium high heat (350 degrees in an electric skillet).
  Add vegetables and cook for 3 to 5 minutes or until vegetables are tender-crisp.
- Add cooked meat, beans or tofu and cooked rice to skillet and heat through.
- 3. Divide rice mixture between two bowls. Top with salsa, cheese or sour cream and serve warm.
- 4. Refrigerate leftovers within 2 hours.



### Small Changes, BIG Difference!









#### **Nutrition Information** Serving Size: 1 Cup Nutrients Calories: Total Fat: <u>7</u>g Saturated Fat: <u>2 g</u> Cholesterol: Sodium: 230 mg Total Carbohydrates: Dietary Fiber: <u>4 g</u> Total Sugars: <u>4 g</u> Added Sugars: <u>0 g</u> 22g Protein

#### **Utensils Needed**

Knife

- Spoon
- Cutting Board
- Measuring Utensils

Bowl



### **SHOPPING LIST**

Average total cost without oil and seasonings: \$9.08

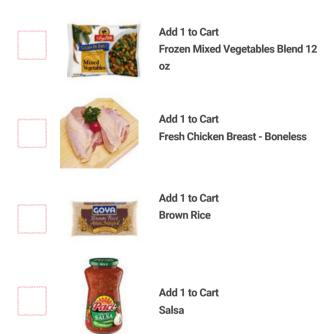
Average cost/serving: \$2.27

**Recipe Makes: 2 Servings** 

Ingredients make approximately 4 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

### **Ingredients**





## **RECIPE LOG**

### **My Cooking Notes**

