

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](http://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

1. 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.
2. 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	Amount
Calories:	280
Total Fat:	7 g
Saturated Fat:	2 g
Cholesterol:	55 mg
Sodium:	230 mg
Total Carbohydrates:	32 g
Dietary Fiber:	4 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	22g

Utensils Needed

- Knife
- Cutting Board
- Bowl
- Spoon
- Measuring Utensils
- Medium Skillet



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SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

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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



Add 1 to Cart

Frozen Mixed Vegetables Blend 12 oz



Add 1 to Cart

Fresh Chicken Breast - Boneless



Add 1 to Cart

Brown Rice



Add 1 to Cart

Salsa

My Cooking Notes



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