

Rice Bowl Southwestern Style

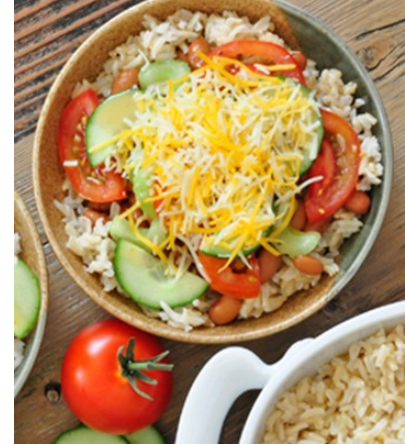
Prep Time: 10 Minutes

Cook Time: 15 Minutes

Serves: 6

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.
- Divide rice mixture between two bowls. Top with salsa, cheese or sour cream and serve warm.
- Refrigerate leftovers within 2 hours.

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This material was provided by Ascentria Care Alliance SNAP-Ed program with funding from USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Department of Transitional Assistance at 866-950-3663. USDA is an equal opportunity provider and employer.