

4-Ingredient Burrito Bowl

TOTAL TIME

25 min

SERVINGS

3

COST PER SERVING

\$1.55

Ingredients

- 1 can of beans, drained and rinsed
- 1 cup of whole grains brown rice or quinoa, dry
- 1 15-oz can corn (or 2 cups frozen)
- 1 cup of salsa
- Optional: 1/4 tsp of cumin + 1/4 tsp chili powder

TOPPINGS IDEAS:

- Chopped cilantro
- Shredded cheese
- Sour cream or Greek yogurt
- Avocado
- Lettuce

Recipe Notes

Add any additional veggies you like! Some ideas: canned or fresh diced tomato, fresh or frozen bell peppers, and onion. Use microwave rice to save time!

Procedure

1. Cook grain according to package directions.
2. In a large microwave-safe bowl, combine beans, corn and salsa (add cumin and chili powder here if using). Stir well to combine. Heat in microwave for 3 minutes, or until heated throughout.
3. In a bowl, add cooked grains and some of the bean-corn-salsa mix. Add any additional toppings, if desired. Enjoy!
4. Store leftovers in a air-tight container in the refrigerator for up to 5 days.



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