



A Nutrition Resource

CREATE YOUR OWN RICE AND BEAN BOWLS

Yield: 4 Servings | Serving Size: 1 1/2 cups

Cost/Serving: \$0.87

Ingredients:

2 cups brown rice, cooked, warm or hot
2 cups cooked beans (or 1 15-ounce can, rinsed and drained) (black beans, kidney beans, white beans, etc.)
1 Tablespoon olive oil

Vegetables (choose as many as you like)

1/2 green pepper, chopped
1/2 cup chopped onions
1/2 cup broccoli, chopped
1/2 cup carrots, chopped
1/2 cup frozen corn
1 can of diced tomatoes
Other vegetable, as desired

Spices (try different combinations or create your own)

3 cloves garlic, minced
2 teaspoons cumin
1 teaspoon chili powder
1/4 teaspoon cayenne
2 teaspoons diced fresh ginger
Salt and pepper

Sauce (optional)

1/4 cup soy sauce
1/2 cup ginger sauce
1/2 cup peanut sauce
1/4 cup lime juice
1/2 cup salsa
1 teaspoon hot sauce

Nutrition Facts

4 servings per container
Serving size 1.5 cups (274g)

Amount per serving
Calories 300

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 53g	19%
Dietary Fiber 11g	39%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 3mg	15%
Potassium 543mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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EXTENSION



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Garnishes (optional)

- 1 large tomato, chopped
- 1/4 cup fresh cilantro, minced
- 1/2 cup shredded cheese
- 1/4 cup peanuts
- 2 green onions, chopped
- 1 avocado, chopped
- 1 cup lettuce, shredded
- 1/2 cup Greek yogurt

Directions:

- 1) Heat oil over medium-high heat in a skillet. Add in vegetables, sauté until tender. Stir occasionally to keep from burning.
- 2) Add beans and desired spices. Heat through.
- 3) In a bowl, place a scoop of rice and top with bean mixture. Add any sauce and garnishes you choose.

Variations: Substitute cooked barley or another grain for the cooked brown rice.

