



Rice Bowl Southwestern Style



Recipe From *FoodHero.org*

Ingredients



- 1 tsp vegetable oil
- 1 cup chopped vegetables (bell peppers, onion, corn, tomato, etc.)
- 1 cup cooked meat, beans, or tofu
- 1 cup cooked brown rice
- 2 Tbsp salsa, shredded cheese, or low-fat sour cream

Yield: 2 cups
Serving Size: 1 cup



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.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



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

Nutrition Facts



Nutrition Facts	
2 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 230mg	10%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.72mg	4%
Potassium 0mg	0%
Vitamin A	20%
Vitamin C	70%

*The % Daily Value (DV) 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.

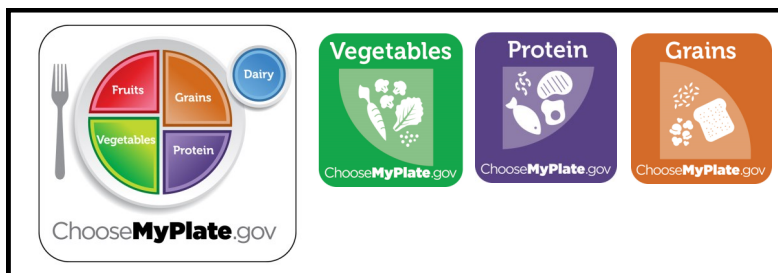
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