

Burrito Bowls

This is the easiest recipe you will ever “make.” You simply cook some rice, and then top it with stuff you’ve got in the pantry and fridge - like canned beans, corn and salsa. This is another variable recipe that is fast to make and easy to clean up. See the “additions” at the end of the recipe for ways to make this recipe a little more flavorful!

Time: 50 minutes to cook brown rice - or 20 minutes to use white rice

Yield: enough for 2 adults and 4 kids

Ingredients:

2 cups uncooked rice (brown is healthiest, but white is faster to cook)

4 ½ cups water

1 can black beans

1 can sweet canned corn

1 red bell pepper

1 cup shredded cheddar cheese

1 container salsa

Directions:

1. Cook rice (put rice and water in a lid with a pot, turn heat to high and boil, then put lid on, turn heat to a simmer and simmer for 45-50 minutes undisturbed until all the water is absorbed)
2. Open cans and place in bowls (or if you really don’t want dishes, just leave them in the cans)
3. Chop bell pepper and other veggies you have (celery is yummy!)
4. Grate cheese and place in a bowl
5. Put all the ingredients on the table and let everyone make their own burrito bowl!

Ideas to add more flavor

- Top with store bought cilantro lime dressing or make your own - just google a recipe
- drizzle with canned or homemade enchilada sauce
- Cook the rice with lime juice and chopped cilantro for cilantro lime rice
- For older children, serve with tortilla chips
- Turn it into burritos - wrap all the ingredients up in a tortilla