

Create Your Own Taco Bowl

Makes 4-6 servings | Grains • Vegetables • Dairy • Protein

Ingredients

- 2 cups rice, uncooked (4 cups cooked)
- 2 cups cooked or canned beans or lentils; beef chili; cooked meat; canned chicken or fish; or a combination
- 2 cups vegetables, fresh, frozen, or canned (tomatoes, corn, sweet potatoes, peppers, Brussels sprouts, cauliflower, etc.)
- 1-2 teaspoons taco seasoning, garlic powder, or favorite seasoning
- 2 cups leafy greens (lettuce, spinach, cabbage, etc.)
- Toppings: grated cheese, low-fat sour cream, salsa, avocado, jalapeño, etc.

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook rice according to package instructions, if uncooked. If cooked already, heat until warm.
3. Heat beans or meat and vegetables in a skillet until warm. Sprinkle with seasoning.
4. Divide rice between 4-6 bowls. Add beans or meat and vegetables. Top with leafy greens and your favorite taco toppings.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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