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UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**OFFICE OF COMMUNITY ENGAGEMENT AND
NEIGHBORHOOD HEALTH PARTNERSHIPS**

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MEAL KIT.

Southwestern Style Rice Bowl

Recipe adapted from University of Minnesota Extension

Ingredients:

3 cups cooked rice
1 tablespoon vegetable oil
1 cup of chopped green beans
¼ cup chopped green bell pepper
¼ cup chopped broccoli
¼ cup chopped onion
¼ cup chopped carrots
1 15-ounce can of beans (black, garbanzo, kidney, or cannellini)
Spices: 1 tsp. garlic powder, 1 tsp. onion powder, ½ tsp black pepper
8 ounces taco sauce
Optional: Salsa, celery, 2 jalapeños

Directions:

Time needed: 15 minutes preparation
20 minutes cooking time

1. Cook the rice.
2. Heat vegetable oil in a skillet on the stovetop. Add the vegetables, beans, and spices.
3. Cook and stir until vegetables are heated through.
4. Spoon ¾ cup rice into each of the 4 bowls. Top with the vegetable/bean mixture, and serve with salsa to taste.
5. Serve at once.

SERVES

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