

Southwestern Style Rice Bowl

Recipe adapted from University of Minnesota Extension

Fresh Produce

- 2 ears of corn
- 2 jalapeno peppers
- 2 red bell pepper
- 1 yellow bell pepper
- 1 pound bag of carrots
- 1 head of celery

Canned and Dry Goods

Vegetables:

- 1 15-ounce chickpeas
- 1 15-ounce cans black beans
- 1 8-ounce taco sauce (optional)

Cereal, Pasta, and Grains

- 1-pound white rice

Pantry Staples

- Salt
- Pepper
- Garlic powder
- Onion powder
- Extra Virgin Olive Oil