



Mexican Rice and Bean Bowl

Ingredients:

- 1 cup whole-grain rice pouch
- 1 (15 oz) can beans, drained and rinsed
- 1 (15 oz) can diced tomatoes with green peppers & onions
- 1 (15 oz) can of corn
- 1/4 teaspoon garlic powder & cayenne pepper if available

Directions:

1. Prepare the rice according to the package instructions. Set aside.
2. In a medium pot, heat the drained beans over medium heat until warmed through. Season lightly with salt and pepper
3. In a small bowl, combine the chopped tomato and onion. Add the garlic powder, cilantro, cayenne pepper, salt, and black pepper. Mix well.
4. Divide the cooked rice among four serving bowls. Top each portion with the warmed beans. Spoon the homemade salsa over the beans and rice.

