

Fiesta Rice & Beans Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 1 bowl or parfait cup

Ingredients	Quantity	Measure
Rice, brown, dry	10	ounces
Water	2 ½	cups
Corn, frozen	2 ½	cups
Salsa, canned	2 ½	cups
Black beans, canned, drained	4	cups
Taco seasoning	3 ½	Tbsp.
Corn tortilla chips, bulk, crushed	10	ounces
Romaine, fresh, chopped	8	ounces
Optional Garnishes		
Black olives, drained	1 ¼	cups
Jalapenos, canned	1 ¼	cups
Onions, diced	1 ¼	cups
Salad Dressing		
Salsa, canned	2 ¾	cups
Ranch, dairy-free	¼	cup

Preparation

1. Prepare rice and cool completely.
2. Combine corn, black beans, salsa and taco seasoning in a bowl.
3. Prepare salad dressing by combining the salsa and dairy-free ranch.
4. Layer all ingredients into a bowl or pan as follows (do not mix or combine ingredients): Rice, bean and corn mixture over the rice, chopped romaine lettuce on the corn mixture, optional garnishes: olives, jalapenos and/or onion, and crushed tortilla chips. Or layer ingredients into a parfait cup as follows: ½ cup rice, 2/3 cup bean and corn mixture over the rice, 1/8 cup chopped romaine lettuce on the corn mixture, optional garnishes: 1/8 cup olives, 1/8 cup jalapenos and/or 1/8 cup onion, and 1/8 cup crushed tortilla chips.
5. Drizzle salsa ranch over the chips or serve the dressing on the side.



Fiesta Rice & Beans Bowl Continued

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Nutrition Information *From USDA Nutrient Database

Calories: 371 Total Fat: 13g Saturated Fat: 4g Monounsaturated Fat: 6g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 61g Fiber: 16g Total Sugar: 15g Protein: 14g Sodium: 755mg Vitamin A: 263µg Vitamin C: 12mg Calcium: 260mg Iron: 5mg Folate: 262µg

Salsa Ranch Dressing:

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg