

Microwave Burrito Bowls

INGREDIENTS

- 1/2 cup uncooked rice
 - 1/2 cup canned black beans, drained and rinsed
 - 6 oz canned chicken, drained
 - 1/2 cup canned corn, drained and rinsed
 - 4 tbsp salsa
 - Lime juice, to taste
 - 1 cup shredded cheese
- Optional toppings:
- 1/2 cup canned diced tomatoes, drained
 - Shredded lettuce

TIME: 20 MINUTES
SERVINGS: 2



Adapted from: tamingtwins.com



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

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PROCEDURE

1. In a microwave safe bowl, place 1/2 cup rice with 1 cup cold water. Place in microwave, covered for 10 minutes, or until water has been 90% absorbed. Set aside for 5 minutes.
2. Rinse and drain canned corn and black beans; drain canned chicken
3. Once rice has finished cooking, add 1/2 cup to two bowls. Top with 1/4 cup black beans, 1/4 cup canned corn, and 3 oz canned chicken.
4. Add 2 tablespoons salsa and 1/2 cup shredded cheese.
5. Place in microwave till heated through and cheese is melted
6. Add lime juice and enjoy!



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