

# MAKE-YOUR-OWN BURRITO BOWLS

Serves 6 | Prep: 5 mins | Cook: 10-15 mins

Difficulty level: Easy



## INGREDIENTS

- 2 cups uncooked rice or quinoa, of choice
- 2 – 15oz cans of beans (undrained), of choice
- ½ tsp. cumin
- ¼ tsp. garlic powder
- Topping of Choice (Examples)
  - Shredded Lettuce
  - Salsa
  - Sour Cream/Plain Yogurt
  - Shredded Cheese

## INSTRUCTIONS

1. In a medium pot, cook rice according to directions on package.
2. While rice is cooking, add beans, cumin, and garlic powder to a small pot. Cook over medium heat, stirring frequently until heated through.
3. Divide rice and beans evenly among 6 bowls. Finish bowls with desired toppings and serve warm.

*Note: These bowls can be prepped ahead of time for a speedy lunch. To do so, after dividing rice and beans into containers, cool in the refrigerator. When ready, reheat bowls in the microwave until hot and finish with desired toppings. Bowl will keep in the refrigerator for 3-4 days.*

For more information, visit [thefoodbank.ca/food](http://thefoodbank.ca/food)

Recipe adapted from [budgetbytes.com](http://budgetbytes.com)

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