

# Mexican Bowl

By Ashley Draper



## INGREDIENTS:

- 1/2 cup whole tomatoes, canned
- 1/2 cup crushed tomatoes, canned
- 1.5 cans black beans, rinsed
- 1/2 tsp. seasoning salt
- 1 cup Jasmine rice, dry
- 1.5 cups water
- 1/4 cup cheddar jack cheese
- 1 scallion, sliced

### Corn Salsa:

- 1/4 tsp. chili powder
- 1/3 cup red onion, diced
- 1/2 cup bell pepper, diced
- 1/3 cup cilantro, chopped
- 1.5 Tbsp. lime juice
- 1 tsp. olive oil
- 1 cup whole corn kernels

## DIRECTIONS:

1. Corn Salsa: combine ingredients in a mixing bowl.
2. Bring water and rice to a boil, reduce to a simmer. Cover and cook for about 20 minutes or until rice is soft.
3. Combine crushed tomatoes and whole tomatoes in a pot and warm on low heat. Add in black beans and cook until warm.
4. Serve 1/3 cup beans on top of 1/4 cup rice. Garnish with 1/4 cup corn salsa, cheese and scallions.
5. Enjoy!

# MEAL KIT SHOPPING LIST



30 min

Yield: 6 servings



1 red onion



1 bell pepper



1 bunch of cilantro



1 bunch of green onions



1 lime



2 x 15.5 oz. canned black bean



1 x 8.5 oz. canned corn



1 x 14.5 oz. canned whole tomato



1 x 14.5 oz. crushed tomato



1 x 16 oz. jasmine rice



2 x 15.5 oz. canned black bean

## Seasonings and more:

- chili powder
- olive oil
- seasoning salt

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Grocery cost: \$16.40

Recipe cost: \$5.95

Cost per meal: \$0.99

\*prices found at Wegmans as of April 2024