

Meal Kit List

Week 4: Mexican Bowl

Fruit:

- no fruits this week

Vegetables:

- 1 can crushed tomatoes- \$0.99 per can
- 1 can whole tomatoes- \$0.99 per can
- 1 red onion- \$1.39 each
- 1 bell pepper- \$1.99 each
- 1 can corn- \$0.49 per can

Protein:

- 2 cans black beans
\$0.49 per can

Dairy:

- 1 bag cheddar jack cheese
\$2.39 per 8 ounce bag

Grains:

- Jasmine dry rice
\$0.99 per 16 ounce bag

Herbs & Spices:

- Chili powder- \$0.99 per 3 ounce container
- lime- \$0.40 each
- 1 scallion- \$0.99 each
- 1 bunch cilantro- \$0.99 per bunch


Healthy Options[®]

at Home

COOKING FOR SUCCESS

Grocery cost: \$14.77

Recipe cost: \$5.58

Cost per meal: \$0.93

*prices found at your local Wegmans store

Mexican Bowl

Week 4 recipe by:



BALANCED BODY



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!

Nutrition Facts

6 servings per container

Serving size 1/3 cup black beans, 1/4 cup rice and salsa

Amount per serving

Calories **300**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 500mg **22%**

Total Carbohydrate 51g **19%**

Dietary Fiber 9g **32%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 12g

Vitamin D 0mcg **0%**

Calcium 135mg **10%**

Iron 3mg **15%**

Potassium 436mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.