

# 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

Grocery cost: \$14.77

Recipe cost: \$5.58

Cost per meal: \$0.93

\*prices found at your local Wegmans store

Healthy Options<sup>®</sup>  
at Home

COOKING FOR SUCCESS

# Mexican Bowl

Week 4 recipe by:



**BALANCEDBODY**

## 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*
<b>Total Fat</b> 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 500mg	22%
<b>Total Carbohydrate</b> 51g	19%
Dietary Fiber 9g	32%
Total Sugars 5g	
Includes 0g Added Sugars	0%

<b>Protein</b> 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.