

Southwestern style rice bowl



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

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About this recipe

Serves

4

Time to make

15 minutes preparation; 10 minutes cook time

Special criteria

[Summer meals in a SNAP](#)

Ingredients

- 3 cups cooked rice
- 1 Tablespoon vegetable oil
- 1 15-ounce can mixed vegetables
- 1 14.5 ounce can green beans
- 1 15-ounce can beans (black, garbanzo, kidney or cannellini)
- Spices: 1 tsp. garlic powder, 1 tsp. onion powder, 1/2 tsp. black pepper
- 8 ounces taco sauce
- Optional: salsa

Directions

1. Cook the rice.
2. Heat the vegetable oil in a skillet on the stovetop. Add the vegetables, beans and spices.
3. Cook and stir until vegetables are heated through.
4. Spoon 3/4 cup rice into each of 4 bowls. Top with the vegetable/bean mixture, serve with salsa to taste.
5. Serve at once. Refrigerate leftovers.

Recipe video

Nutritional info

There is no nutritional information available at this time.

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