

Vegetable and Chicken Rice Bowl



Prep time:
15 min



Cook time:
10 min



Yield:
2 Serving



Serving
Size:
1 Cup

Ingredients

- 1 teaspoon vegetable oil
- 1 cup chopped vegetables (try a mixture – bell peppers, onion, corn, tomato, zucchini)
- 1 cup cooked meat (chopped or shredded), beans or tofu
- 1 cup cooked brown rice
- 2 tablespoons salsa, shredded cheese or low fat sour cream

Directions

In a medium skillet, heat oil over medium high heat (350 degrees in an electric skillet). Add vegetables and cook for 3 to 5 minutes or until vegetables are tender-crisp.

Add cooked meat, beans or tofu and cooked rice to skillet and heat through.

Divide rice mixture between two bowls. Top with salsa, cheese or sour cream and serve warm.

Refrigerate leftovers within 2 hours.

Notes

For a spicier dish, add chili powder, red pepper flakes or taco sauce in Step 1.

You can use any leftover cooked grain in this recipe. Try white or wild rice, quinoa, barley or oatmeal.