

BREAKFAST BURRITO BOWL

Prep Time: 5 minutes

Cook Time: 10 minutes

Included in Box:

- ½ c. canned beans (black or kidney beans, no salt), drained and rinsed
- ½ c. canned low sodium diced tomatoes
- ¼ c. brown rice, cooked

Additional Ingredients Needed:

- 1 egg, beaten
- ½ small onion (~¼ c.), diced
- ½ medium green pepper, diced (optional)
- 2 T cheddar cheese, shredded (optional)

Directions:

1. Add ¼ c. water and onion to skillet over medium-high heat; cook until translucent (3-4 minutes).
2. Add egg, green pepper and shredded cheese to skillet and cook, stirring to combine and break up chunks.
3. Add beans, brown rice and tomatoes to microwave safe bowl and heat for 1 minute. Remove, stir to mix and microwave for 30-60 seconds, or until thoroughly heated.
4. Add egg mixture to bowl and serve.

Tip: Top with avocado and lime juice for extra flavor!



Nutrition Facts*

Total Servings: 1
Serving Size: 1 ½ c.
Calories: 311
Fat: 8 g
Sodium: 277 mg
Carbohydrates: 39 g
Fiber: 10 g
Protein: 16.5 g
Carbohydrate Servings: 2 ½

**Nutrient facts include canned 50% less sodium black beans, canned no salt added diced tomatoes, medium grain cooked brown rice, 1 large brown egg, small white onion, fresh green pepper, and Kraft shredded sharp cheddar cheese.*