



Burrito Bowl

Ingredients:

- 1 Tablespoon olive oil
 - 1/2 cup red bell pepper
 - 1/2 cup diced sweet onion
 - 1 pound lean hamburger
 - 1/3 cup Old El Paso Medium Thick n' Chunky Salsa
 - 1 15 oz can black beans, rinsed and drained
 - 1 15 oz can corn, drained
 - 1 14.5 oz can diced tomatoes
 - 1 4 oz can Old El Paso diced green chilies
 - 1 cup jasmine rice (or any long grain)
 - 1 Tablespoon taco seasoning
 - 1/2 teaspoon chili powder
 - 2 1/2 cups chicken stock
 - 1 cup shredded cheddar/jack cheese
 - S & P to taste
- Optional toppings:
sour cream, cilantro, green onions, tomatoes, avocado

In a large pan heat the olive oil over medium heat. Sauté the onions and red peppers. Add in hamburger and cook until browned. Stir in salsa, black beans, corn, tomatoes, green chilies, jasmine rice, taco seasoning and chili powder. Pour in chicken stock and then bring to a light boil. Cover the pan and reduce heat to low. Cook for an additional 15-20 minutes, or until the rice is all the way cooked.

When rice is done, add salt and pepper to taste. Top with your favorite toppings. Makes 8 servings.

Nutrition information per serving: 185 calories, 13 grams protein, 6 grams fat, 29 grams carbohydrate, 864 mg sodium.



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