



## Veggie and Brown Rice Burrito Bowl

Number of servings: 6  
Serving size: 2 cups

### Equipment:

Slow cooker

### Ingredients:

- 1 cup frozen corn
- 1 15-ounce can no salt added black beans, rinsed
- 2 cups homemade salsa\*
- 1 red or yellow bell pepper, seeded and diced
- 1 zucchini, sliced
- 1 summer squash, sliced
- 4-ounces of 1/3 fat cream cheese, cut into 1/2 inch cubes
- 4 cups brown rice, cooked

\*If purchasing pre-made salsa sodium look at sodium content so not to exceed recommended levels.

### Directions:

Place all the ingredients, except the brown rice, in a slow cooker and cook on low for 4-6 hours. Serve cooked veggies over brown rice and sprinkle with cheddar or Monterey jack cheese, if desired.

Quinoa can be used instead of brown rice. For a grain free meal, serve the vegetables over a bed of mixed greens with sliced avocado and cheddar cheese.

**Cost per recipe:** \$11.92

**Cost per serving:** \$1.97

**MyPlate servings:** 1 1/2 serving grains and 1 1/2 servings vegetables

## Nutrition Facts

Serving Size 2 cups  
Serving Per Container 6

### Amount Per Serving

**Calories** 383

**% Daily Values\***

<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Potassium</b> 778mg	<b>22%</b>
<b>Sodium</b> 388mg	<b>16%</b>
<b>Total Carbohydrate</b> 61g	<b>20%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 8g	
<b>Protein</b> 13g	<b>26%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**\*\*Nutrition Analysis:** performed using  
<https://www.supertracker.usda.gov>