



20 min



Serves 1-2



FRESH

FRESH BOWLS

Ingredients:

- 1 cup of cooked rice
- 1/4 - 1/2 cup canned black beans
- 1/4 - 1/2 cup canned corn
- 1/2 cup of frozen mixed vegetables (thawed)
- 1/4 cup pack of frozen edamame
- Half of a lemon (~2 tbsp juice)

Directions:

1. Cook rice. Add 1 cup of water to 1/2 cup of uncooked rice. Heat until boiling, stir and turn heat to low-medium. Allow rice to simmer covered for about 15-20 minutes for white and 45 minutes for brown, stirring occasionally until the water is absorbed and the rice is fluffy and cooked. If using a rice cooker, add rice, water, plug in and turn on. Remove from heat once done.
2. Drain and rinse canned black beans and corn. Defrost frozen vegetables or heat up vegetables in a pan. Chop parsley and squeeze the lime.

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Notes

- Some frozen vegetable mix options: carrot, cauliflower, broccoli, corn, peas.
- For extra flavour, add in a preferred sauce such as soy sauce, teriyaki or tahini.
- Optional add-in: parsley



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