

# 5-Minute Vegetarian Chili and Rice

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Total: 5 mins

Yield: 1-2 servings

Ingredients: All ingredients can be found at Roger's Market!



- 1 bowl of black lotus rice



- 1 can of Amy's chili



- ½ avocado, sliced



TOP WITH...



- A sprinkle of parmesan cheese

## Instructions

1. Microwave the rice (follow the instructions on the bowl).
2. Microwave the chili (follow the instructions on the can).
3. Mix rice and chili in a separate bowl.
4. Slice avocado in a few sections and gently place on top of chili and rice mixture.
5. Sprinkle parmesan on top. Enjoy! 😊

## Notes

A beautiful mix of high fiber whole grain Lotus Rice (high in magnesium, molybdenum, and phosphorus, gluten-free and wheat-free, with no added sodium and a good source of vitamin C and iron, non-GMO and vegan). Mixed in with whole foods organic Amy's Chili (excellent source of protein, fiber, and veggies). Then to really stand out with even more nutrient density, adding in that avocado that is high in monounsaturated fat. To add some more fatty deliciousness, adding the high in calcium parmesan. (Take the parmesan away if you are vegan.)