

Taco Bowl Meal Prep

Yield: 5 Servings

Prep Time: 10 mins

Cook Time: 30 mins

INGREDIENTS

- 1 cup of brown rice or 3 cups cooked brown rice
- 1 table spoon of olive oil
- 3 sweet bell peppers (red, yellow, orange, green, your choice!)
- 1 small onion
- 1 package of taco seasoning or DIY (1 tbs chili powder, 1 tbs cumin, ½ tbs oregano, ½ tsp garlic powder, ½ tsp onion powder, ½ tsp salt, ½ tsp pepper)
- 1 can of black beans, drained and rinsed
- 1 can of sweet corn, drained
- 2 large tomatoes, diced
- 1 large avocado, optional



MATERIALS NEEDED

- 1 skillet
- 1 pot (if cooking rice)
- Measuring spoons
- Measuring cup
- Cutting board
- Knife
- Serving utensils
- Eating utensils
- Food storage containers

COOKING INSTRUCTIONS

- Cook rice according to package instructions and set aside.
- Chop red bell peppers, green bell peppers, and onions into slices.
- Heat olive oil in a skillet over medium high heat. Add onions and cook halfway. Add bell peppers and cook until slightly cooked. Add in taco seasoning. Toss the veggies until coated with the seasoning, cook thoroughly, and set aside.
- Lightly cook the black beans in the same skillet.

MEAL PREP INSTRUCTIONS

- Divide rice across five containers. Add cooked veggies to one side. Then add rows of corn, black beans, and tomatoes.
- Add cubed avocados on the day of to avoid the avocado turning brown.

OPTIONAL

- Mix it up by using ground turkey or grilled chicken.
- Feel free to use any veggies you have available in your fridge (Mushroom, zucchini, carrots, etc. are all good options!).
- Sprinkle with cheese.
- Add lime wedges to squeeze right before eating.