

**One-Pot Beans & Rice**  

**A simple and heathy staple meal ready in 15 minutes.**

**Perfect for the picky eater.**

**Ingredients  
   
1 large can pinto beans, or 2 15oz cans, organic, rinsed and drained**

**1 cup low sodium vegetable broth, organic**

**2 cloves of garlic, minced  
1 ¾ cups brown rice, cooked**

**1 12oz jar organic, low sodium, low sugar salsa (I prefer salsa verde)**

**1 cup riced cauliflower   
Juice of 1 lime**

**¼ to ½ cup shredded colby jack cheese**

**1 tsp. Terra’s Table mushroom powder**

**½ tsp. cumin  
½ tsp. sea salt**

**¼ tsp. pepper  
2 TBSP fresh cilantro to garnish  
1 Avocado, peeled and sliced**

***Directions:***

**Place everything except the cilantro and avocado in a sauce pan. Heat thoroughly.  
Garnish with cilantro and avocado.**

**Variations: Can add pre-cooked chicken breast. Sautéed shiitake mushrooms.**

**Garnish with fresh diced onions and peppers and a dollop of Greek yogurt.**

**How to serve: Serve with a side of tortilla chips, over nachos, with tortillas or quesadillas, in a casserole, a taco bar with taco shells, or simply as is.**

**The rice and riced cauliflower are the same texture and size, so it is a great way to hide veggies for the picky eater.**

**Trader Joes offers precooked brown rice in the freezer section. I prepare this to the package directions and microwave before adding to the pot.**

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