

# LESS MEAT BURRITO RICE BOWL

YIELD: 100 8 oz. RICE BOWLS

Chef Sam Icklan

Here we take our Less-Meat Burrito and turn it into a rice bowl for those days when tortilla are hard to come by. You can also turn this into a salad bowl or a tostada salad bowl by including tortilla chips if you have them. You could also use frozen diced mushrooms, carrot coins, and the frozen peppers and onions if fresh produce is scarce.

## INGREDIENTS

- 2 gallons brown rice
- ¼ cup vegetable oil
- 8 medium onions, diced
- 8 medium bell peppers, diced
- ½ cup chili powder
- ¼ cup ground cumin
- ¼ cup dried oregano
- 2 teaspoons salt
- 6 medium carrots, diced
- 6 medium zucchini, diced
- ½ cup chopped garlic
- 12 # Spinach, raw
- 10 ¼ ground beef
- 6 cups chunky salsa

## DIRECTIONS

1. Cook rice per package instructions
2. Using the tilt skillet, heat vegetable oil over medium high heat. Add peppers & onions and cook until beginning to soften, about 4 minutes. Add chili powder, cumin, oregano and salt and stir well. Add carrots, zucchini and garlic and cook until garlic is fragrant and carrots are soft, about 5 more minutes. Mix in baby spinach and allow to cook until spinach is wilted but still bright green. Remove vegetable mixture from skillet and set aside.
3. Add ground beef to skillet and cook until brown and fully cooked. Drain fat from beef. Add salsa, mix well and cook for 5 minutes. Return vegetables to skillet, mix well and cook until ingredients reach 165°F.
4. Top rice with 3 oz. of beef mixture & 1 oz. of shredded cheddar cheese. Garnish with scallions and cilantro.

## RECIPE NOTES - LESS MEAT BURRITO RICE BOWL

Recipe credits as 2 oz. M/MA and 1 oz. grain equivalent

Nutritional information per serving\*: 400 calories; 2.89g sat. fat; 524 mg sodium; 54.6 g carbohydrate

*\* nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*