

Serves 2

Ingredients

Rice

- 1 Cup white rice

Protein

- 1 can cooked lentils/black beans/white beans

Vegetables

- 1 onion any variety
- 1 pepper any variety
- 2 cloves of garlic

Seasonings

- To suit your flavor desire (chipotle, cumin, cayenne)

Sides

- Avocado
- Salad artifacts you have available

Instructions

Boil Rice

1. Add 1 cup water to a sauce pan and bring to boil
2. Add 1 cup of rice
3. Simmer until rice is cooked

Prepare Vegetables

1. Slice or dice onion, pepper and other vegetables you are using

Cook main protein dish

1. Add onion and garlic to a pan
 2. Cook until onion is golden brown
 3. Add protein of choice
 4. Add seasoning of choice
 5. Cook until mixture is warmed through

Prepare Sides

1. Slice and prepare your avocado
2. Cut and wash salad artifacts

SERVE & ENJOY! 🌞

Add portions of rice, protein mix and sides to a plate.

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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