



Because no student

FEED-A-BULL

Should go hungry

5 Quick Brown Rice Bowls

Cook brown rice according to package.

Options:

- **TexMex**
To brown rice- add ground turkey or beef, tomatoes, corn, black beans, peppers, onions, taco seasoning, and cheese
- **Chicken and broccoli**
To brown rice- add broccoli, peas, onions, mushrooms, chicken, chicken stock, and spices (garlic powder, cayenne pepper, paprika)
- **Chicken fried rice**
To brown rice- add green beans, mushrooms, carrots, peas, scrambled eggs, soy sauce, and chicken
- **Shrimp Creole**
To brown rice- add shrimp, tomato paste/sauce, diced tomatoes, onions, cayenne pepper and garlic powder
- **Caribbean jerk chicken**
To brown rice- add chicken, black beans, lime juice, and jerk seasoning (nutmeg, cinnamon, crushed red peppers, salt and pepper, sugar, parsley, allspice, thyme, onion powder, garlic powder, and cayenne pepper)

*All recipes can be modified based on preferences and availability