

Mexican Fiesta Bowl:

This makes about 3.5 C food

See Ingredients for Meals for info about choosing the beans

AT HOME:

Bag 1:

1/3 Cup FD or cooked and dehydrated Black beans (see notes)

1/3 Cup FD ground beef

1/2 Cup mixed veggies (maybe peppers, onions, garlic, zucchini, tomato, kale, corn)

1 Tbsp Mexican seasoning (mix of cumin, chili powder, oregano, dried cilantro, salt, garlic)

2 Tsp beef bouillon granules

2 Tbsp sour cream powder

2 Tbsp cheddar cheese powder

1 Tbsp Wondra flour (or cornstarch or kuzu root)

1 packet hot sauce (to be removed and added after cooking)

Bag 2:

1 C Brown minute rice or white minute rice

If you want to go a little crazy, bring a tortilla to serve with this.

ON TRAIL:

For white rice – boil 1 C water, add to white rice in cozy, cover and let sit

For brown rice – bring to boil 1 C water with brown rice in pan, boil for 2-3 min, add to cozy, cover and let sit

Add contents Bag 1 to pan with 1.5 - 1.75 C water. Bring to boil and boil for 2-3 min, stirring, until it thickens a bit and the beans are partially soft.

Pour over the rice in the cozy and let sit 15 min.