

WILDEBEETS BOWL



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

What you need:

Wildebets Bowl:

1/4 c brown rice, cooked

4 Tbsp. pinto beans, canned and washed

3 Tbsp. shredded cheese

2 tbsp. beets, cooked and sliced

2 tbsp. corn, canned and washed

2 tbsp. lettuce, shredded

Side:

1/4 c tropical fruit, canned

Preparation:

1. Cook brown rice according to directions on the package
2. Warm pinto beans on the stove
3. Place cooled brown rice, pinto beans, cheese, beets, corn, and lettuce into a bowl or storage container.
4. If desired, shake for a mixed bowl.
5. Serve with a side of canned tropical fruit



**This meal is CACFP approved if it is served with milk.