

TEX-MEX OAT GRAIN BOWL

MATERIALS:

- Cutting Board
- Measuring Spoon
- Large Saucepan

INGREDIENTS:

- 4 cups water
- 3 tbsp taco seasoning
- 2 cups oats
- 1 (14.5 oz) can black beans, drained & rinsed
- 2 tbsp low fat sour cream (optional)
- 1 1/2 cups salsa
- 1/2 cup shredded cheese
- 1 ripe avocado (optional)
- 1 (14.5 oz) can corn, drained & rinsed
- 1/2 cup fresh cilantro (optional)

Find more recipes online at: www.gcfb.org/recipes_resources

DIRECTIONS:

1. In a large saucepan, bring water and taco seasoning to a boil. Stir in oats and cook for 5 minutes over medium heat. Stir occasionally.
2. Remove from heat, and divide oatmeal into 4 bowls.
3. Top with beans, corn salsa, cheese avocado (if using) and toppings (if using).
4. Serve immediately.

Chef's Notes:

- Add different toppings such as bell peppers, tomatoes, and more!
- Mix it up with different spices and experiment!
- Serve over rice or oats.
- Beans are an inexpensive source of protein that keeps you fuller for longer!