

# Weeknight One Pan Bussito Bowls

## INGREDIENTS

- 1-1/5 lbs extra lean ground beef
- 1/2 cup mild salsa
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (8-ounce) can corn, drained
- 1 (15-ounce) can diced tomatoes
- 1 red bell pepper
- 1/2 diced onion
- 1 cup quinoa (rinsed) or long grain rice
- 2 cups chicken broth
- 1 Tablespoon olive oil
- 1 Tablespoon taco seasoning
- 1 teaspoon chili powder
- 1 cup (or more) shredded cheddar cheese, jack cheese, mozza cheese or a combo



## DIRECTIONS

1. In a large deep pan, heat the olive oil over medium heat. Saute the onions and red pepper. Add in ground beef and cook until browned. Add black beans, corn, canned tomatoes, salsa, quinoa or rice, taco seasoning and chili powder. Add chicken broth and bring to a light boil. Cover the pan and reduce heat to low. Cook for 15-20 minutes, or until the quinoa or rice is tender.
2. Serve "family style" and let your kids choose their toppings and amounts!

Recipe by Sarah Remmer (online source:

<https://www.sarahremmer.com/weeknight-one-pan-burrito-bowls/>)