**Steak and Brown Rice Burrito Bowl**

125 mL brown rice or quinoa

250 mL water

50 mL blended tomatoes

A sprinkle of chili flakes

1. Cook Rice. Bring water and tomatoes to a boil, add rice, sprinkle with pepper flakes cover, turn heat to 2. Cook for 45 minutes.
2. Or quinoa: soak for 20 minutes, then do as above, but cook for only 15minutes. Use 200 mL water.

**Steak Rub:** 1 mL of each: salt, pepper, cumin, coriander

1. Combine seasonings and rub on both sides of steak.

**Veggies:** 1/6 onion

¼ pepper

Spinach or Kale

2 mL chili powder

1. Wash and prepare.

**Beans and Rice:** 5 mL oil

1 clove garlic

5 mL each: chili powder, cumin, coriander

125 mL beans of choice

25 mL green sauce

1. In a fry pan, saute garlic in oil, add seasonings, cook until fragrant. Add black beans, and the rice. Stir to incorporate seaonings.

**Final Preparations:**

1. Heat a small amount of oil in a wok. Cook steak until desired doneness 8-12 minutes (turning once).
2. Remove steak to a plate, to wok, add a splash more oil and onion and chili powder. Add kale (not spinach) and peppers, cook until tender. If using spinach, add once the peppers are tender and cook for 1 min.
3. Slice steak. Toss with veggies in wok.
4. Divide rice and beans between two plates, top with steak mixture.