

# Budget Meal

## Beans and Rice



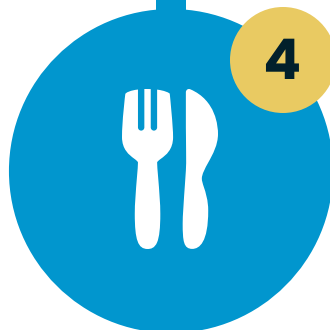
1  
Combine cooked brown rice with drained and rinsed black beans



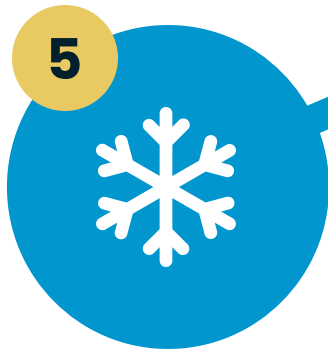
2  
You can sauté vegetables like peppers and onions on the side for more heft



3  
Add salsa or guacamole



4  
Top with chopped cilantro



5  
Make a big batch of brown rice and then freeze individually-portioned servings for later