

RICE BOWLS On a Budget!

BBQ CHICKEN

RICE BOWL

1/3 pack of chicken breasts

(about 2lbs)- \$4.06

White Rice- \$0.92

BBQ Sauce- \$1.48

Corn-\$0.64

Green Onions- \$0.98

\$8.08

1. Start by boiling your rice with water.
This will take about 20 minutes to cook.
2. Meanwhile, cut chicken into small chunks and cook in a frying pan.
3. Once chicken is done, add sauce to coat.
4. Microwave corn in a bowl until hot.
5. Assemble bowl with rice at the bottom, chicken and corn on top.
Sprinkle with chopped green onions.

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EGG ROLL

IN A BOWL

White Rice- \$0.92

Ground Turkey- \$1.98

Tri-Color Coleslaw Mix-
\$1.97

1/2 lb carrots- \$0.54

2-3 Garlic cloves- \$0.20

Ginger (0.125 lb)- \$0.45

Soy Sauce- \$1.58

Green Onions- \$0.98

\$8.62

1. Start by boiling your rice with water.
This will take about 20 minutes to cook.
2. In a large pan, brown your ground turkey and drain any excess grease.
3. Next add in grated carrots and coleslaw mix. Cover with lid to allow cabbage to cook down.
4. Add in grated ginger, minced garlic, and Soy sauce for flavor.
5. To assemble bowl, start with rice, add in cabbage & meat mixture, then top with chopped green onions.

BUFFALO CHICKEN RICE BOWL

White Rice- \$0.92
1/3 pack of chicken breasts
(about 2lbs)- \$4.06
Hot Sauce- \$1.00
Ranch Dressing- \$1.43
1/2 lb carrots- \$0.54
Celery- \$1.88
\$9.83

1. Start by boiling your rice with water.
This will take about 20 minutes to cook.
2. Cut your chicken into chunks, and saute in a pan until fully cooked. Add some hot sauce for flavor depending on how much spice you like.
3. Cut celery and carrots into sticks.
4. Assemble bowl with rice on the bottom, chicken on top, celery and carrots on the side with ranch dressing.

*Optional: top with blue cheese crumbles (about \$3.68) or use Blue Cheese Dressing instead of ranch.

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MEXICAN RICE BOWL

White Rice- \$0.92
Ground Turkey- \$1.98
Taco Seasoning- 0.47
Black Beans (14.5oz)- \$0.86
Cheddar Cheese- \$2.24
4 Roma Tomatoes- \$0.84
Lettuce- \$1.88
Avocado- \$0.80
\$9.99

1. Start by boiling your rice with water.
This will take about 20 minutes to cook.
2. Brown your ground turkey and drain any excess grease. Add your drained and rinsed black beans and taco seasoning to the pan. Heat until thickened.
3. Chop your tomato, lettuce, and avocado into bite sized pieces.
4. Assemble bowl with rice at the bottom, then meat & beans, top with veggies and cheese!

GREEK

RICE BOWL

White Rice- \$0.92

Chickpeas- \$0.86

Feta Cheese- \$2.88

Red Onion- \$0.99

Roma Tomatoes x4- \$0.84

Cucumber- \$0.72

Black Olives- \$1.74

Italian Dressing- \$1.43

\$10.38

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SWEET & SOUR

RICE BOWL

White Rice- \$0.92

1/3 pack of chicken breasts
(about 2lbs)- \$4.06

Pineapple (20oz can)- \$1.28

Green Bell Pepper- \$0.63

Sweet & Sour Sauce- \$2.82

Broccoli Cuts- \$0.94

\$10.65

1. Start by boiling your rice with water.
This will take about 20 minutes to cook.
2. Chop your red onion, cucumber, and tomatoes to bite sized pieces. (You can combine these with the Italian Dressing or keep them separated.)
3. Rinse and drain your chickpeas. Drain the olives.
4. Assemble your bowl with rice on the bottom, top with veggies/chickepeas/feta. Add your Italian Dressing at the end!

1. Start by boiling your rice with water.
This will take about 20 minutes to cook.
2. Dice your green pepper and cut your chicken into bit size chunks.
3. In a large pan, saute chicken until cooked. Then add in green pepper cooking until tender.
4. Microwave broccoli per package.
5. Add drained pineapple and steamed broccoli to the pan. Pour and mix sweet and sour sauce until everything is coated.
6. Serve chicken mixture over rice.

ITALIAN RICE BOWL

Italian Sausage (1.3lbs)- \$3.93

Rice- \$0.92

Green Bell Pepper \$0.86

Onion- \$0.78

Tomato Sauce (15oz)- \$0.96

Mozzarella Cheese- \$2.22

Basil- \$1.12

\$10.79

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SHRIMP & VEGGIE RICE BOWL

12oz bag of shrimp- \$5.68

White Rice- \$0.92

Frozen Zucchini
blend- \$1.92

Lemon- \$0.68

2-3 cloves of garlic- \$0.20

4 Roma Tomatoes- \$0.84

1 stick of butter- \$1.06

\$11.30

1. Start by boiling your rice with water.

This will take about 20 minutes to cook.

2. In a large pan, saute your sausages.

Once cooked set aside to cool so you can slice this into bite sized pieces.

3. Next saute your onions and peppers in the same pan.

4. Add your sliced sausage back to the pan and pour in your tomato sauce.

Let cook for a few minutes to fully heat.

5. Serve the sausage & veggies over the rice, then top with cheese and basil.

1. Start by boiling your rice with water.

This will take about 20 minutes to cook.

2. Steam your zucchini blend in the microwave.

3. In a large pan, saute your shrimp with butter and minced garlic until shrimp is pink.

4. To the pan, add your zucchini blend and diced tomatoes. Season with Italian Seasoning.

5. Assemble bowls with rice at the bottom, shrimp and veggies on top, and a few squeezes of lemon juice to finish!