



Makes 2 bowls
Preparation Time: 15 minutes
Cook Time: 5 minutes

INGREDIENTS:

2 medium russet potatoes,
scrubbed

1 15-oz. can kidney beans,
rinsed and drained (1½ cups)

½ cup purchased pico de gallo or
salsa

1 tablespoon lemon juice

Pinch paprika or chili powder

Sea salt, to taste

Southwest Potato and Red Bean Bowls

This hearty microwave meal uses just six **pantry staples** to create a mouthwatering dish full of good-for-you ingredients. Chunks of tender potato are mixed with red kidney beans, refreshing pico de gallo salsa, and smoky spices to bring Southwestern flair to some plant-based basics. Feel free to add extra salsa, frozen veggies, or a sprinkling of cilantro to really kick things up a notch. When you're short on time but don't want to skimp on flavor, make this quick meal in the microwave for lunch or dinner that will satisfy your rumbling tummy on a tight schedule.

By Darshana Thacker Wendel

- 1** Poke potatoes a few times with a fork or knife. Wrap in a damp kitchen towel; place on a microwave-safe plate. Microwave 4 to 5 minutes or until tender when pierced with a fork or knife.
- 2** Let potatoes stand until cool enough to handle. (For faster cooling, place them in refrigerator.) Peel potatoes, if desired, and cut into 1-inch chunks. Divide between 2 bowls. Add remaining ingredients, dividing equally; mix well.