

Trim Healthy  
WISDOM

## Hot Mess Rice Bowl (S)

This uses up whatever veggies or leftover meats you probably have lying around in your fridge. Spinach sets this recipe apart, so be sure to throw in lots of that if you have some. This turns into one hot mess of deliciousness in less than five minutes!

Single Serve Recipe

### INGREDIENTS:

- 1 – 1 ½ cups *Cauli Rice Hack*

### Add In Ideas

- 4-6 ounces pre-cooked ground meat or any leftover meat or fish on hand
- several large handfuls of fresh spinach
- diced tomatoes
- sliced mushrooms
- finely diced zucchini or yellow squash
- Creole Seasoning to taste
- *Plant Strong Dressing* from THW, page 373, using the S version with 1 full Tbs tahini

### INSTRUCTIONS:

1. Spray a medium skillet with coconut or olive oil, or use a rounded teaspoon of butter or coconut oil. Add all ingredients except for dressing and toss until heated.
2. Place in bowl and top with *Plant Strong Dressing* made with tahini.

### Protein Nerd Notes:

Your 4–6-ounce portion of meat provides all your Protein Nerd Level 3 requirements.

