



# Bunker Burrito Bowl

All the flavor of a burrito—none of the structural integrity.

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## INGREDIENTS :

-  Cilantro lime rice (boxed, bagged, or MacGyvered yourself)
-  1 can black beans (or pinto—don't let Big Bean tell you how to live)
-  1 can diced tomatoes
-  1 can corn
-  2 tablespoons taco seasoning

Optional toppings for morale:

-  Shredded cheese
-  Sour cream
-  Salsa
-  Tortilla strips
-  Sliced black olives
-  BBQ sauce (no, seriously—just trust us)

## APOCALYPSE-PROOF ASSEMBLY INSTRUCTIONS:

**Cook the Rice:** Whip up your cilantro lime rice like a hero with seasoning and questionable lighting.

**Dump & Heat:** Drain and rinse beans then add 1 cup of water to reduce sodium up to 40%. From what we've heard - you're salty enough. Dump into pan or pot.

Add tomatoes (don't drain), corn (drain), and taco seasoning. Heat until it smells like a fiesta. Add a little water if needed.

**Assemble the Bowl:** Scoop rice into a bowl, shovel the bean-tomato-corn mixture on top, then go wild with toppings if you got 'em. Sour cream and cheese? Yes. Salsa? Obviously. Black olives? Ok, sure. Drizzle of BBQ sauce? You'll thank us.

**Feeds 2-3 moderately hungry, post-apocalyptic foodies.**

Questions? Feedback? Email us at [haalp@chickenlittlepreps.com](mailto:haalp@chickenlittlepreps.com).

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