

# Pete's Easy Bowl Recipe

## Ingredients

- 2 Tbsp Olive Oil
- 3 Tbsp Soy Sauce or 1/2 Cup Sesame Ginger Dressing
- Bag of Broccoli Slaw
- Bag of Shredded Cabbage/Coleslaw Mix
- 1 Cup White Rice
- 1 Can Black Beans or 3 eggs scrambled or 6oz Chicken
- Optional - 1 Yellow Onion Diced & 3 Cloves Garlic minced

## Instructions

1. Rinse White Rice until water runs clear.
2. Add the suggested amount of water to the rice and cook as suggested.
3. In a large frying pan (with a lid if possible) heat the olive oil over medium heat. If you are adding the onion and garlic, add them now. Add the bag of broccoli slaw and cook for ~5 minutes, stirring occasionally.
4. As the broccoli is starting to change color, hopefully lightly browning add the cabbage/slaw mix and stir. If you are adding the salad dressing, add that now as well.
5. Let cook for an additional ~10 minutes while stirring frequently. Once the veggies begin to become slightly brown you can turn down the heat to low and add your protein choice. When adding your protein, also add a few tablespoons of soy sauce if you are choosing that instead of salad dressing.
6. If adding black beans, drain and rinse and then add to the pan and stir and heat.
7. If adding eggs, scramble in a separate container and add some salt to the eggs. Push the veggies over to one side of the pan and pour the eggs in. Scramble until they are almost done and then stir into the veggies.
8. If adding chicken, I would cook in a separate pan with oil and salt and pepper. Cut into 1" cubes and cook until completely done and then add to the veggie mix. (Pro Tip - get cooked chicken from the deli counter and use that instead)
9. I like to do about 50/50 rice to veggie mix and I always add the onion and garlic and salad dressing. Some of my teammates like the plainer route and go light on the flavors and heavier on the rice and that sits better with their stomach. We usually eat this around 3 hours before the event.