

Mexican Rice with Corn & Beans

Time: 10 mins (using cooked rice) | Serves 2



Materials

- Frying pan
- Spoon + spatula
- Measuring cups/spoons
- Chopping board + knife

Ingredients

- 1 cup cooked rice (any type)
- Chopped vegetables, onion and carrot
- ½ cup canned corn, drained
- ½ cup canned tomatoes
- ½ cup canned beans (black/kidney), rinsed
- 1 tbsp oil
- ¼ tsp each salt, pepper, chilli powder or any seasoning of choice
- Pinch salt & pepper
- Minced garlic (optional)

Instructions

- Heat oil, add minced garlic and chopped onions and carrots and stir for 1-2 mins.
- Add canned tomato, corn and beans; cook for 2-3 mins.
- Add spices and cook for a bit more.
- Add leftover rice; stir fry 3-4 mins until hot.
- Season with salt & pepper.
- Optional: top with some cheese.

Swaps/Add-ins

- Use frozen veggies like corn or peas to avoid chopping.
- Swap beans for canned tuna.
- Add any extra protein you like (e.g., tofu).

Meal Prep / Leftovers

- Makes 2 serves – cook once, eat twice (lunch + dinner!).
- Pack one serve while it's warm, let cool, then refrigerate for later.
- Store unused beans/corn in sealed tubs in the fridge, or freeze for longer.

Scan here for
recipe video

