Healthy food that’s fast and easy? There are many ways to make delicious meals simple and healthy. Here’s a quick way to make a nutritious plant-powered meal your whole family will enjoy.

1. **Ingredients:**
   - Spices: cumin, garlic powder, pepper and salt (optional)
   - Frozen brown rice
   - Canned, no/low sodium added kidney beans
   - Frozen onion mix
   - Frozen stir fry vegetable mix

2. Drain and rinse canned beans before warming up. Cook all ingredients in microwave safe bowl, or on stove top, according to package instructions.

3. Season to taste with cumin, garlic powder, pepper and salt (optional). Mix the onion mix with brown rice in pot or bowl.

4. Combine and serve!