

Messy Mug Meal: *Mexican Bowl*

THM-Friendly: E

- 1/4 cup cauliflower rice, frozen or shelf-stable works
- a handful of black beans
- shredded or diced chicken, cooked
- 1/4 cup refried pinto beans
- seasonings: onion powder, garlic powder, chili powder, cayenne
- a spoonful of salsa, more for the top
- [KJ's Creamy Salsa Dressing](#)

Layer in mug however you want, or add to mug and mix together. Put in the microwave for three minutes.

Add some Creamy Salsa Dressing, mix'er up and...

enJOY!

NOTE: it is a wise idea to put your mug on a plate - unless you want to clean your microwave, that's entirely up to you.

