

Loaded Mashed Potato Bowls

INGREDIENTS

- 1 cup mashed potatoes
- ½ cup canned corn, drained
- ½ cup canned black beans, drained
- ¼ cup canned beef stew
- 2 tablespoons cheddar cheese
- Salt and pepper, to taste

TIME: 15 MINUTES
SERVINGS: 1



Adapted from:
budgetbytes.com



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PROCEDURE

1. Cook the mashed potatoes according to package directions. While they cook, drain the canned corn and beans.
2. In a small pot over medium-high heat, warm the beef stew until heated through.
3. In a bowl, layer the mashed potatoes, corn, black beans, and beef stew. Top with cheese and season with salt and pepper to taste.
4. Enjoy!

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