

Oop, it's dinner time!
I wanna make
something cheap +
easy, and I'll share
my recipe with you
all here at

**FLOW LIFE
SKILLZ!**

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First you wanna gather your ingredients:



1 package
of Carnitas
(try Trader Joe's!)



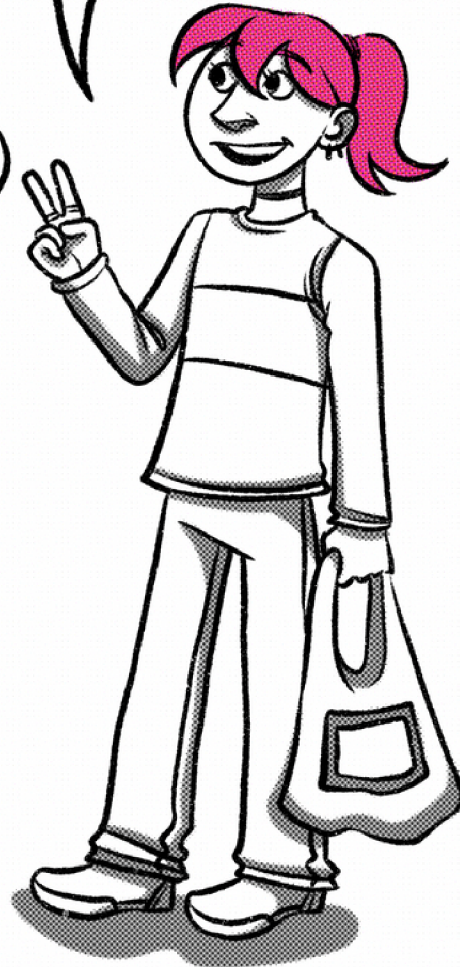
1 can of: black
beans, corn, &
black olives
(sliced)



1 container of
enchilada sauce



1 package of
quinoa



Next, you wanna get
a big ol' pot + put
it on your stove.
The nice thing about
this meal is that
there aren't many
dishes, + lotsa
leftovers!

CLATTER



Measure out a cup
+ a half of quinoa
then 3 cups of liquid
(enchilada sauce til'
you run out, then
water for the rest).
Pour it all in the pot.



Before you turn the stove on,
pour everything else into the
pot. Corn, beans, olives, + put
that chunk of carnitas right
submerged in there.



Put a lid on it
and then turn
the burner up
on high.

click



Now let it simmer, stirring occasionally and breaking up the Carnitas as it cooks so it's dispersed through the pot.



Let that cook until all of the liquid is gone & the meat is all cooked & broken up into small pieces. Voila! You've got food for days, literally!

