

flow

Oh hey! Welcome
back to **FLOW**
LIFE SKILLZ!

It's been awhile
since we've hit
you with an
easy recipe, so
here we go!



(Does the recipe have a
name? Nope. Vaguely rice
+ meat + veggies. What
else do you want from me?)

Here's your ingredient list! Not super exact,
So you can be flexible with it.



RICE
(brown, white,
whatever)

+



TOMATO
SOUP



RED BELL
PEPPER

+



YELLOW
ONION

+



YELLOW
SQUASH
(or another
random veggie
idk)

+



PACK OF
SPICY SAUSAGE
(any type of meat
or meat substitute
works!)

Before you do anything else, start your rice. Throw a cup + a half in your rice cooker, along with 3 cups of water. Let that cook while you do the rest of the work.





Then, it's chopping time. Start with the sausage + onion into chunky pieces. Toss those into a big pan with olive oil, salt, + pepper. Let that brown a little while you chop the bell pep + squash too, + toss that in there too.

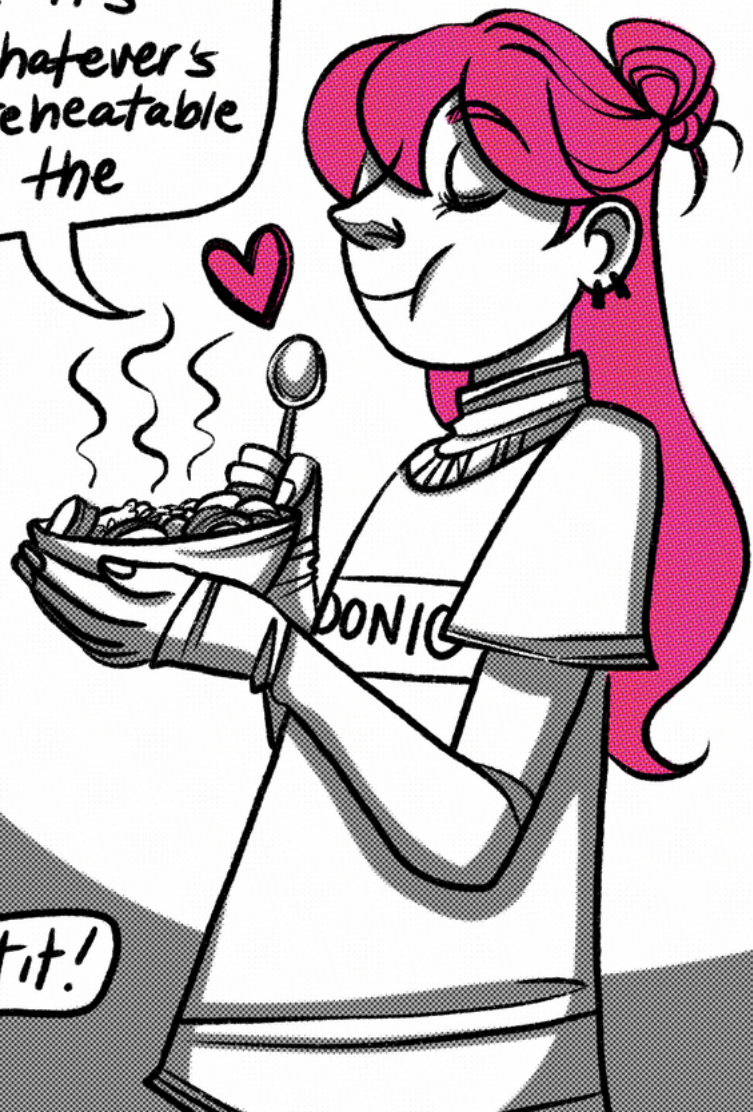
As all of that browns, pour some of the tomato soup into the pan. Measure with your heart! Let the whole thing get nice + saucy.





Finally, once the rice is done, toss it all in the pan too. Add a little more soup + spices if you feel like it.

And you're done!
Serve it while it's
hot & save whatever's
left for easy reheatable
meals during the
week!



Bon appetit!