



# HEALTHY DORM ROOM HAUL

## GROCERIES:

- Bananas
- Black Beans
- Brown rice
- Cinnamon
- Cherry Tomatoes
- Corn or Rice Cakes
- Fruit Leather
- Mrs. Dash Seasonings
- Plant Milk
- Roasted Red Peppers
- Salsa (fat free)
- Spinach
- Steel Cut Oats
- Tomato Sauce (fat free)
- Whole Wheat Penne Pasta
- Yellow Corn

## SUPPLIES:

- Instant Pot
- Airtight Containers (2)
- Can Opener
- Colander
- Cutting Board
- Dish Soap & Scrub
- Dish Towel
- Drying Mat
- Food Storage Containers (3-5)
- Knife
- Veggie Wash





## Lunch: Cali-Mex Mix

1 CUP BROWN RICE  
 1 ¼ WATER  
 ½ CUP SALSA  
 ¼ – ½ CUP BLACK BEANS, DRAINED & RINSED  
 ¼ – ½ CUP CORN, DRAINED & RINSED  
 TOP WITH FRESH SPINACH, TOMATOES & LIME.

1. Rinse rice in colander, add wet rice & measured water into Instant Pot.
2. Lock on the lid, and set the steam release valve to “Sealing” position.
3. Set “Manual” to 22 minutes.
4. Let the rice rest for about 10 minutes after cooking is finished before releasing any remaining pressure.
5. Scoop rice in meal storage container, set aside.
6. Rinse beans & corn in colander, add mixture & salsa into Instant Pot.
7. With the lid off, set to “Saute,” heat up mixture, stirring frequently.
8. Set to “Warm,” mix in 1-2 cups of cooked rice.
9. Top with spinach, tomatoes, Mrs. Dash & corn thins on the side. Enjoy! Top with spinach, tomatoes, Mrs. Dash & corn thins on the side. Enjoy!

## Breakie: Cinnana Porridge

½ CUP STEEL CUT OATS  
 1 CUP WATER  
 1 BANANA, CHOPPED  
 1 TSP CINNAMON  
 DASH OF PLANT MILK (OPTIONAL)

1. Place oats, water & banana into Instant Pot.
2. Lock on the lid, and set the steam release valve to “Sealing” position.
3. Set to “Manual” to 6-7 minutes, depending how you like them done.
4. When the timer goes off, quick release steam (covering with dish towel).
5. Once valve drops remove the lid.
6. Stir in cinnamon & pour a little plant milk on top. Enjoy!

## Dinner: 7-Minute Penne

1 ROASTED RED PEPPER, CHOPPED  
 8 OZ WHOLE WHEAT PENNE  
 12 OZ TOMATO SAUCE  
 4 OZ WATER  
 MIX FRESH SPINACH, TOMATOES & MRS DASH

1. Set to “Saute,” sear roasted red peppers, stirring frequently.
2. Set to “Off,” add penne pasta, sauce, & water to Instant Pot.
3. Lock on the lid, and set the steam release valve to “Sealing” position.
4. Set “Manual” to 7 minutes.
5. When the timer goes off, quick release steam (covering with dish towel). Once valve drops remove the lid.
6. Stir pasta, mix in chopped spinach & tomatoes.
7. Sprinkle with Mrs. Dash & enjoy!