1. ***1 Can Kidney Beans (40oz)***
2. ***1 Can Black Beans (15.5oz)***
3. ***1 Cup Rice or Quinoa ( I normally pre-cook)***
4. ***1 Can Stewed Garlic Tomatoes***
5. ***2 Cups Mild Salsa***
6. ***2 Tablespoons of Honey***
7. ***1 Cup Barbeque Sauce***
8. ***1 Bag of Morning Star Crumbles (Contains Gluten*)**