

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