

Loaded Mashed Potato Bowl



Ingredients

- 1 can vegetarian beans in sauce
- 1 can corn, drained
- 1 package instant mashed potatoes, prepared according to package directions
- ½ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp black pepper
- (Optional) dash of paprika or chili powder on top

Instructions

1. Prepare the instant mashed potatoes and keep warm.
2. In a saucepan, combine the beans and corn.
3. Add the garlic powder, onion powder, and black pepper.
4. Heat gently for 8-10 minutes, stirring occasionally.
5. Adjust seasonings as needed, portion over servings of mashed potatoes, and top with optional paprika or chili powder.

