

# Playa Goo

## Ingredients

2 cups cooked basmati rice  
2 flavor seal pouches (not can, less waste) Solid white  
albacore tuna, or canned chicken  
2 cans vegetables of your choice

## Directions

Add some tamari (wheat free soy sauce) not too much...some playa dust (which I am sure won't be too hard to find) and some yellow flake nutritional yeast (tastes like cheese and is an EXCELLENT source of B Vitamins...which will add to any euphoric feeling you already have) to taste.

Mix all ingredients together and you have a quick easy decent playa meal. Garnish with a little bit of love and serve with your finest aged water. Add more of each ingredient if needed to feed more people.

**Yield:** Serves 2-4

**Submitted by Christine:** "Last year it was a playa staple. Tofu can be substituted for the meat."