



Crowd Pleasin' Rice and Red Beans

Servings: 8

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

Ingredients:

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- ¼ teaspoon garlic powder
- 2 medium tomatoes, diced
- 1 medium green pepper, chopped
- 2 medium stalks celery, sliced
- ½ teaspoon dried oregano
- 15-ounce can red beans, rinsed and drained
- Salt and pepper to taste
- 4 cups brown or white rice, cooked

Directions:

1. Wash hands and surfaces.
2. In large skillet, heat oil and onion. Sauté until soft.
3. Add garlic, tomatoes, green pepper, celery and oregano. Cover the skillet and simmer the mixture (bubbling lightly) for about 5 minutes or until the vegetables are crisp and tender.
4. Add the beans and simmer, stirring occasionally, until heated through. Add salt and pepper, if desired, to taste.
5. Spoon the vegetable-bean mixture over rice and serve.
6. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 190

Calories from Fat 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 35g **12%**

Dietary Fiber 6g **24%**

Sugars 3g

Protein 5g

Vitamin A 2%

Vitamin C 35%

Calcium 4%

Iron 8%

Tips:

- Use fresh, local veggies. Go online to find a farmers market at: agebb.missouri.edu/fmktDir/index.htm or other Missouri local foods at: foodcircles.missouri.edu/sources.htm
- Eat more than one kind of vegetable every day — different colors add variety.
- Bulgur, a nutty, chewy whole-grain can be used instead of rice. To get used to bulgur's flavor, mix a little cooked bulgur into this rice dish. Whole-grain barley can also be used instead of rice.

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/