



Crowd Pleasin' Rice and Red Beans

Servings: 8

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

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

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.



Nutrition Facts

8 servings per container

Serving size 1 cup (222g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 34g 12%

Dietary Fiber 5g 18%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 37mg 2%

Iron 1mg 6%

Potassium 360mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- 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 resource center or go online to mydss.mo.gov/food-assistance