

KIDNEY BEANS AND RICE

Prep Time: 3 minutes

Cook Time: 6-15 minutes

Included in Box:

- 2 c. brown rice, cooked
- 1 (15 oz) can no salt kidney beans, drained and rinsed
- 1 (15 oz) can no salt mixed vegetables, drained and rinsed

Additional Ingredients Needed:

- ½ small onion (~¼ c.), diced
- 1 T garlic powder

Directions:

1. Add onion to pan and cook over medium high heat until translucent (3-4 minutes).
2. Add kidney beans, mixed vegetables and garlic powder to pan; stir to combine. Cover and cook on low heat for 10 minutes.

OR

1. In microwave safe bowl, combine all ingredients and cook on high for 1 ½ minutes. Stir and cook for another 1 minute, or until thoroughly heated.



Nutrition Facts*

Total Servings: 4
Serving Size: 1 c.
Calories: 245 kcal
Fat: 1 g
Sodium: 158 mg
Carbohydrates: 49 g
Fiber: 11 g
Protein: 10 g
Carbohydrate Servings: 3

**Nutrient facts include 50% less sodium kidney beans, unsalted canned mixed vegetables, cooked medium grain brown rice, small white onion, and garlic powder.*