

Prep Time: 3 minutes

Cook Time: 40 minutes

Included in Box:

- 2 c. brown rice, uncooked
- 1 (15 oz) can no salt carrots, drained and rinsed
- 1 (15 oz) can no salt green beans, drained and rinsed, cut in half

Additional Ingredients Needed:

- 1 small onion (~½ c.), diced
- 1 T dried parsley
- 2 tsp garlic powder
- ½ tsp ground cumin

Directions:

1. Add onions and ¼ c. water to pot over medium high heat; cook until translucent (3-4 mins).
2. Add brown rice, seasonings, and 4 c. water. Cover and cook over low heat for 30 minutes, or until rice is cooked.
3. Mix in carrots and green beans; cover and cook for 5 minutes.

Tip: Add 2 c. chopped celery for additional flavor. For extra protein, add 1 (5 oz) can of chicken (drained) or 1 c. canned no salt kidney beans.



Nutrition Facts*

Total Servings: 4
Serving Size: 1 c.
Calories: 169.5
Fat: 1 g
Sodium: 49 mg
Carbohydrates: 36 g
Fiber: 6 g
Protein: 4.5 g
Carbohydrate Servings: 2 ½

**Nutrient facts include cooked medium grain brown rice, canned unsalted sliced carrots (drained), canned no salt added cut green beans, 1 small white onion, and seasonings.*