

Meatless Dirty Rice

While dirty rice traditionally includes meat, it's not necessary for this dish! For some extra protein, try adding chicken or sausage.

Makes: 5 Servings

Source: SNAP4CT.com recipe/Meatless Dirty Rice

Ingredients

- 1 medium onion, chopped
- ½ green bell pepper, diced
- 1 can (15 oz) diced tomatoes
- 1 ½ cups brown rice, instant, uncooked
- 1 can (15 oz) black beans or beans of your choice, drained and rinsed
- 1 Tbs canola oil
- 1 tsp dried oregano
- ½ tsp garlic powder (Or instead of these spices try 2 tsp of Caribbean Jerk Seasoning)
- 1 ½ cup water

Directions

1. Saute onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes, beans, oregano, garlic powder, and water. Bring to a boil.
3. Stir in rice and cover.
4. Reduce heat to simmer for 5-10 minutes, until rice is nearly tender.
5. Remove from heat and let stand for 5 minutes.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	330
Total Fat:	4.5 g
Saturated Fat:	0.5 g
Sodium:	130 mg
Total Carbohydrates:	63 g
Dietary Fiber:	11 g
Protein	10 g

Utensils Needed

- Large Saute Pan With Lid
- Measuring Cups and Spoons
- Spoon
- Serving Bowl

My Cooking Notes

