

BROWN RICE 5 WAYS

1



Fried Rice

- + Brown rice
- + Carrot
- + Bell pepper
- + Onion
- + Broccoli

- + Soy sauce
- + Vegetable oil
- + Eggs
- + Chicken
- + Spices to taste

Caribbean Casserole

- + Brown rice
- + Onion
- + Stewed tomatoes
- + Green pepper
- + Black beans

- + Oregano leaves
- + Canola oil
- + Spices to taste

2



3



Fiesta Rice Salad

- + Brown rice
- + Broccoli
- + Carrots
- + Red onion
- + Tomatoes

- + Green pepper
- + Kidney beans
- + Cilantro
- + Spices to taste

Cheesy Broccoli Rice Squares

- + Brown rice
- + Broccoli
- + Onion
- + Cheddar cheese
- + Eggs

- + Fresh parsley
- + Evaporated milk
- + Worcestershire sauce
- + Spices to taste

4



5



Black Bean Burgers

- + Brown rice
- + Black beans
- + Egg
- + Scallions
- + Cilantro

- + Oregano or basil
- + Garlic
- + Vegetable oil
- + Whole wheat buns
- + Spices to taste