

Crock Pot Vegetable Brown Rice

Serve a smaller portion of this delicious brown rice as a side dish with chicken. Or add some beans to give this meal some extra protein!

Makes: 4 servings

Cook Time: In the Crockpot- high for 3 hours or low for 6 hours

Prep Time: 5 minutes

Source: snap4ct.org



Small Changes,
BIG Difference!

Ingredients

- 1 ½ cups uncooked brown rice
- 3 cups vegetable broth (or chicken broth), low sodium
- 2 cloves garlic, finely chopped (or 2 tsp garlic powder)
- 8 oz frozen bell peppers and onions
- 10 oz frozen vegetables (green beans, carrots, peas, or whatever you like!)
- 1 Tbs olive oil or other vegetable oil of choice
- 1 tsp pepper

Directions

1. Dump all ingredients into slow cooker and stir to combine.
2. Cook on high for 3 hours, or on low for 6 hours.

Utensils Needed

- Measuring Cups
- Measuring Spoons
- Cutting Board
- Knife
- Crock Pot



Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	350
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	585.5 mg
Total Carbohydrates:	68.5 g
Dietary Fiber:	5 g
Total Sugars:	6.8 g
Added Sugars:	0 g
Protein	9.6 g
Vitamin D	0 mcg
Calcium	53 mg
Iron	2 mg
Potassium	478 mg

SHOPPING LIST

Average total cost without oil and seasonings: \$5.13

Average cost/serving: \$1.28

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Frozen Mixed Vegetables 12oz



Add 1 to Cart
Fresh Garlic



Add 1 to Cart
Long Grain Brown Rice 2 lb Bag



Add 1 to Cart
Low-Sodium Chicken Broth 32 oz



Add 1 to Cart
Frozen Pepper and Onion Blend 10 oz

SAVE TIME, SAVE MONEY

- When buying frozen vegetables, make sure those are the only things listed in the ingredient list. Buying vegetables with a butter or cream sauce would add a lot of extra calories and, fat.
- You can use fresh peppers and onions in place of frozen.

My Cooking Notes