

Blue is Better Recipe (Serves 6) Vegetable Rice & Beans

Ingredients

- 4 c. cooked brown rice
- 2 tsp. olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 medium tomatoes, finely diced
- 1 carrot, peeled & diced
- 1-15 oz. can red kidney beans, rinsed
- 1 tsp. minced thyme
- fresh ground pepper to taste

Preparation Instructions

1. In a heavy skillet over medium heat, heat the oil. Add onion, garlic & saute for 5 minutes.
2. Add the tomatoes, carrot & cook for 5-8 minutes. Add the kidney beans, thyme & simmer for 5 minutes. Grind in pepper.
3. Pour the vegetable bean mixture over hot cooked rice & serve into 6 wedges. Garnish with additional salsa.



NUTRITION FACTS

Serving Size

1 cup

Amount Per Serving:

| | |
|---------------------------|--------|
| Calories | 248 |
| Calories from Fat..... | 29 |
| Total Fat | 3 g |
| Saturated Fat..... | 1 g |
| Cholesterol | 0 mg |
| Sodium | 277 mg |
| Carbohydrate | 48 g |
| Dietary Fiber..... | 6 g |
| Protein | 8 g |