



## Spanish Rice Skillet and Black Beans ~ choose one side item to complete your meal

### Spanish Rice Skillet

4 servings

1 cup	Onions, sliced
2 cups	Mushrooms, sliced
2 cups	Brown rice, instant
1-1/2 cups	Chicken broth <u>or</u> Vegetable broth
1 can, 16 oz	Stewed tomatoes with juice
1 tsp	Cumin, ground
1 tsp	Garlic powder
1 tsp	Chili powder
¼ cup	Part-skim mozzarella cheese, shredded



Preheat oven to 400 degrees. Spray a large, oven-proof skillet with cooking oil spray. On the stovetop, saute onions and mushrooms over medium-high heat for 5 minutes. Add all remaining ingredients except cheese. Cook for 6-8 minutes until rice is almost done. Sprinkle cheese over the rice and transfer skillet to the oven. Bake uncovered for 5-10 minutes.

### Recipe Nutrition per serving

220 calories; 7 gm protein; 41 gm carbohydrate; 3 gm total fat; 1 gm saturated fat; 0 cholesterol; 4 gm fiber; 406 mg sodium

**To Make Black Beans:** Open a can of black beans. Gently heat on stove or in microwave. Top with finely chopped onions and/or chopped, fresh cilantro.

### Side Items:

**1. Steamed Fresh Cabbage (red or green)** – Affordable, staple ingredient: Fresh cabbage

To Make: Wash cabbage. Cut cabbage into 2“ length pieces and place in a saucepan. Add 1/4 - ½ cup water and cover. Cook on medium heat until cabbage is fork-tender. Drain water and dust with salt & pepper to taste.

**2. Onion Flavored Green Beans or Broccoli** – Affordable, staple ingredient: LFS Frozen Green Beans or LFS Frozen Broccoli Cuts

To Make: Chop up ½ small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

**3. Orangey Carrots** – Affordable, staple ingredient: Fresh carrots

To Make: Peel and wash carrots. Cut each carrot into coin-shaped pieces, about ½“ wide. Place in a saucepan and cover with water. Cook on medium high until carrots are fork-tender. Drain water. Add ¼ cup orange juice and/or 1 tsp orange zest and stir.