Brown Rice with White Beans and Veggies

SERVES 4

Ingredients

FRESH PRODUCE

1/2 cup **onion** | sliced

1 small zucchini, chopped

FROZEN PRODUCE

116-ounce package frozen bell peppers

PANTRY

114.5-ounce **can of diced tomatoes** 115-ounce **cannellini beans** | drained and rinsed

SPICES AND OILS

3 tablespoons olive oil

1 teaspoon garlic powder

- 1 teaspoon **cumin**
- 1 teaspoon oregano

1 teaspoon chili powder

GRAINS

 $1\frac{1}{2}$ cups **cooked brown rice**



MIX IT UP AND MAKE IT YOUR OWN

- Feel free to swap in different frozen or fresh vegetables. Broccoli and cauliflower or green beans and carrots are great alternatives!
- Cannellini beans are wonderful, but there are so many other delicous beans available. Choose what you like and when you can, pick a low-sodium or no added salt version.
- Choose spices that you like or have on hand.

EQUIPMENT



Directions



Nutrition	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
Facts	Total Fat 12g	16%	Total Carbohydrate 49g	18%	
Facis	Saturated Fat 1.5g	8%	Dietary Fiber 11g	38%	
1 serving per container Serving size	Trans Fat 0g		Total Sugars 10g		a servin contribu daily die
	Cholesterol Omg	0%	Includes 0g Added Sugar	rs 0%	
1 each	Sodium 90mg	4%	Protein 11g		calories used fo
Calories 340	Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 3.6mg 20%				nutritior

^t The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BELL PEPPER, TOMATO [VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% CALCIUM CHLORIDE, CITRIC ACID], CANNELLINI BEANS [WITH WATER, SALT, CALCIUM CHLORIDE. DISODIUM EDTA (PRESERVATIVE)], ZUCCHINI, BROWN RICE, ONION, OLIVE OIL, GARLIC POWDER, CHILI POWDER [PAPRIKA, GARLIC, CUMIN, SALT], CUMIN, OREGANO

Potassium 930mg 20% • Phosphorus 250mg 20%