

Brown Rice with White Beans and Veggies

SERVES 4

Ingredients

FRESH PRODUCE

½ cup **onion** | sliced

1 **small zucchini**, chopped

FROZEN PRODUCE

1 16-ounce package **frozen bell peppers**

PANTRY

1 14.5-ounce **can of diced tomatoes**

1 15-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 ½ cups **cooked brown rice**

See brown
rice recipe
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EQUIPMENT



Cutting board



Spatula or spoon



Measuring spoons



Can opener



Knife



Large pan



Measuring cups

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 delicious 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.

