

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Southern Rice And Beans (Makes 6 servings.)

Ingredients

- 1 c. light red kidney beans, cooked
- 1 Tbsp. vegetable oil
- 1 large onion, chopped
- 1 medium green pepper, chopped
- 1 c. rice, uncooked
- 2 c. water
- 1¾ c. fresh tomatoes, chopped
- 1 can (15-oz.) corn, drained
- ½ jar (8-oz.) salsa

Directions:

1. In a large saucepan, cook onion and green pepper in oil for 5 minutes over medium heat.
2. Add rice and stir until browned, about 5 minutes.
3. Add water, tomatoes, corn, and salsa. Bring to a boil.
4. Cover and reduce heat to low. Cook for 20 minutes.
5. Stir in beans and heat for 5 minutes.

Nutrition info: Serving size: 1 cup, Calories: 256, Total Fat: 3.4 g, Saturated Fat: 0.5 g, Cholesterol: 0 mg, Sodium: 473 mg, Total Carbohydrate: 51 g, Dietary Fiber: 6.5 g, Sugars 6.5 g, Protein 8 g. *Recipe provided by Commodity Supplemental Food Program Cookbook.*

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