

One Pot Rice and Beans

This recipe is very high in fibre with vegetables, brown rice, and beans all contributing to the fibre content. Fibre can help you to feel full and may reduce the risk of diabetes, heart disease, and some cancers. Serve this dish hot or cold.

Ingredients

2 Tbsp	Canola oil	30 mL
½ cup	Onion, minced	125 mL
2 cups	Brown rice, dry	500 mL
1 tsp	Paprika	5 mL
½ tsp	Cumin	2 mL
1 tsp	Garlic powder	5 mL
1 Tbsp	Parsley flakes	15 mL
½ tsp or to taste	Salt	2 mL or to taste
½ tsp	Pepper	2 mL
2 Tbsp	Tomato paste	30 mL
4 cups	Water	1 L
2 cups	Mixed frozen vegetables	500 mL
2 cups	Broccoli florets, chopped	500 mL
1–19 oz can	Red kidney beans, drained and rinsed	1–540 mL can

Directions

1. Wash hands with soap and warm water for at least 20 seconds.
2. In a deep skillet, heat oil and add onion. Sauté until soft.
3. Add rice. Cook and stir until rice is lightly toasted but not browned. Add spices and stir for a minute or two, or until fragrant.
4. Add tomato paste, water and frozen vegetables, and stir.
5. Bring to a boil again; reduce heat to medium. Cover and cook for 20–30 minutes or until all the water is absorbed and rice starts to soften.
6. Fluff rice with a fork. Add broccoli and beans; reduce heat to low. Cover and cook another 5–10 minutes or until rice is done. Taste and add more spices, herbs, or salt and pepper as needed.
7. Stir rice gently. Serve hot or cold.

Makes 8 servings (250 mL/ 1 cup/ 251 g)

Tip: Double this recipe, then portion leftovers into individual containers for quick meals during the week. If the rice becomes dry after refrigeration, add a splash of water or broth before reheating and stir well.

Nutrition Facts

Per 1/8 of recipe (250 mL/ 1 cup/ 251 g)

Calories 260 **% Daily Value***

Fat 5 g	8 %
Saturated .0.5 g	3 %
+Trans 0 g	

Carbohydrate 45 g	
Fibre 8 g	29 %
Sugars 3 g	3 %

Protein 10 g

Cholesterol 0 mg

Sodium 190 mg	8 %
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Potassium 500 mg	15 %
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Calcium 50 mg	4 %
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Iron 3 mg	17 %
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*5% or less is **a little**, 15% or more is **a lot**

Note: We used ½ tsp (2 mL) of salt for nutrition analysis.

