



Generation Alive

Cheesy Rice & Veggies



Ingredients



- 1 package cheesy rice and vegetables
 - 6 cups water
 - 1/4 cup oil
 - 2-3 cups bell peppers, diced
 - 2 cups onion, diced
 - 2 garlic cloves, minced
 - 2 tsp. cumin
 - 2 tsp. chili powder
 - 2 cans beans (whatever type you have), drained and rinsed
 - Salt and pepper to taste
- Yield: 12 servings
Serving Size: 1 cup



Directions



Rice Packet Cooking Instructions

1. Bring **6 cups** of water to a boil.
2. Remove vitamin pack from the rice blend. Add the “Cheesy Rice and Vegetables” mixture to boiling water. Reduce heat to simmer and cook for 20 minutes uncovered until rice is tender.
3. Remove from heat and add contents of vitamin packet, stirring until well combined. Set aside.

Vegetable Instructions

1. Heat oil in large skillet and sauté peppers, onion, and garlic until tender, about 5 minutes.
2. Add the spices and beans to the pan. Cook until heated through.
3. Combine vegetable and bean mix with the Cheesy Rice and Vegetables. Stir well and enjoy.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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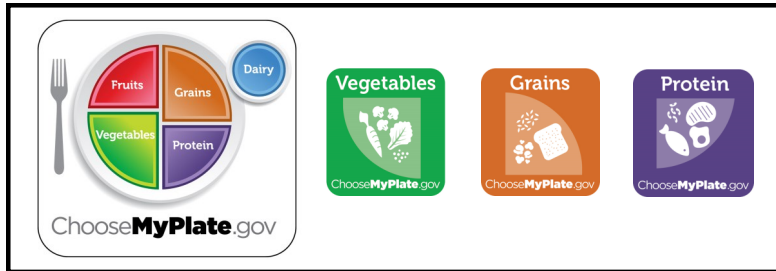
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Fast Facts



Featured Food Groups



Cooking Tips



- Feel free to use whatever veggies you have or try a bag of your favorite frozen blend.

Nutrition Facts	
12 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	400
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 2g	
Cholesterol 5mg	2%
Sodium 1100mg	48%
Total Carbohydrate 65g	24%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 19g	38%
Vitamin D 20mcg	100%
Calcium 195mg	15%
Iron 13.32mg	70%
Potassium 423mg	8%
*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.	

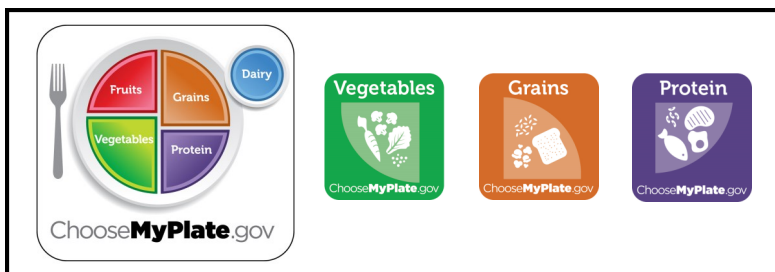
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