



Homemade Rice A Roni



Ingredients



Adapted from *Veg Girl RD*

- 1 Tbsp. olive oil (or butter)
- 2.5 cups cooked brown rice
- 1/2 cup whole wheat angel hair pasta
- 1/2 cup water
- 1-2 cups of vegetables (peas, tomatoes, spinach, etc.)
- 1 tsp. dried parsley
- 1 tsp. garlic powder
- 1 tsp. onion powder



Directions



Yield: 4 cups **Serving size:** 1 cup

Total cost: \$1.86 **Serving cost:** \$0.46

1. Break pasta into bite-sized pieces. Heat the oil in a large skillet over medium heat. Add in rice and pasta pieces, and heat until warm.
2. Add the water, parsley, garlic powder, and onion powder.
3. Bring to a boil, add any vegetables you have on hand (peas, tomatoes, spinach, broccoli, etc.), cover, and reduce heat to low. Cook for 15 minutes, stirring occasionally.
4. When the liquid has been absorbed, take a test bite. Add more water if pasta isn't tender. Add salt and pepper to taste.

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



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Fast Facts



Featured Food Groups



Cooking Tips



- For added flavor, cook the brown rice in vegetable broth.
- Use whatever vegetables you have on hand! Fresh, frozen, and canned vegetables all make great additions to this dish.
- Dried herbs can be substituted for fresh herbs if they are accessible. Mix up the recipe by using your favorite spices to try new flavors.

Nutrition Facts

4 servings per container	
Serving size	1 cup (1g)
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 40g	15%
Dietary Fiber 3g	11%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 1.26mg	8%
Potassium 0mg	0%
*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.	

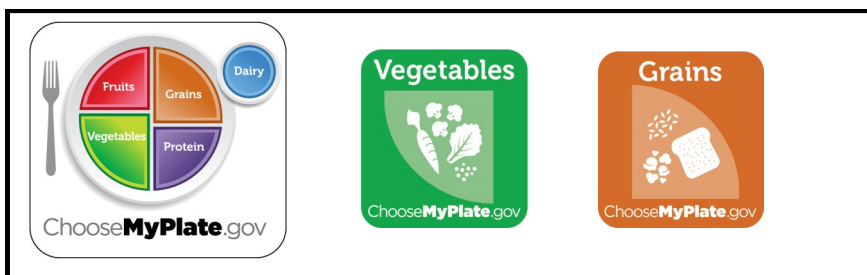
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