



# Rice, Beans and Veggies



## Ingredients



Adapted from *Jandy!*

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• 2 cups whole grain rice</li> <li>• 2 cans of beans (pinto, black, or your favorite)</li> <li>• 4 cups of fresh veggies</li> <li>• 1/2 purple onion diced</li> <li>• 1 cup of fresh, frozen or canned corn.</li> </ul> | <p>Dressing:</p> <ul style="list-style-type: none"> <li>• 1 cup vegetable oil</li> <li>• 1/2 cup red wine vinegar</li> <li>• 1/2 tsp. garlic powder</li> <li>• 1 tsp. Italian seasonings</li> <li>• 1 tsp. Dijon mustard</li> <li>• Salt &amp; pepper to taste</li> </ul> |
|--|---|



## Directions



**Yield:** 10 cups **Serving size:** 1 cup **Total cost:** \$11.45 **Serving cost:** \$1.15

1. Cook the rice according to directions and let it cool before adding beans and veggies.
2. Choose your favorite canned beans, rinse and put in a bowl.
3. Dice all veggies to about 1/2 inch in size and add to the bowl. Add the corn.
4. Whisk the dressing until it is well combined.
5. When the rice has cooled down put all ingredients together.
6. Add the salad dressing and add salt and pepper as needed.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!

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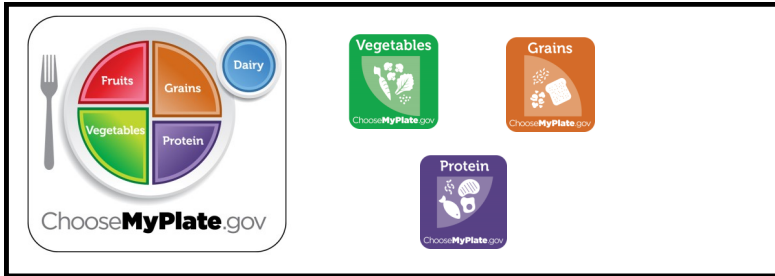
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- A wide variety of veggies and herbs are delicious in this salad. Try bell pepper, carrots, mushrooms, zucchini, cucumber, green onion, tomato, etc!
- Try a different dressing.
- Can add meat and/or cheese.

## Nutrition Facts

10 servings per container	
<b>Serving size</b>	<b>cups (1g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
<small>% Daily Value*</small>	
<b>Total Fat 1g</b>	<b>1%</b>
Saturated Fat 0.1g	1%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 21g</b>	<b>8%</b>
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 5g</b>	<b>10%</b>
Vitamin D 0mcg	0%
Calcium 469mg	35%
Iron 0.198mg	2%
Potassium 10580mg	230%
<small>*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.</small>	

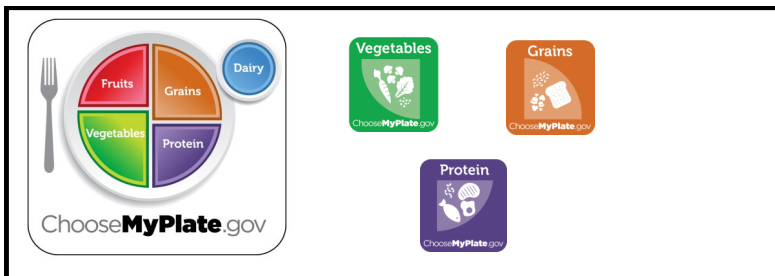
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