

Recipe Makeover: Healthier Beans and Rice

Ingredients:

- Boxed rice mix
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1-3 cups chopped fresh vegetables
- 1 can diced tomatoes
- 2 cans beans

Directions

1. Rinse and chop all fresh vegetables.
2. Add oil to pan and cook vegetables on medium heat for 5 minutes.
3. Add rice mix, water (according to package directions), and tomatoes.
4. Drain and rinse canned beans.
5. Add beans and continue cooking until rice is done (10-15 minutes).



Done!



1



2



3



4

