

Beans and Rice with Broccoli (Feed 6 people a whole meal for \$10)

Beans and rice are a tasty, low cost combination. Here's an easy one-pot meal version that uses brown rice and steams the vegetables on top of the rice and beans. Feel free to adjust spices and vegetables to your preference and what you have on hand. Since this recipe takes a little longer to cook consider prepping vegetables for the rest of the week or getting some exercise or active chores done while it simmers.

Prep time: 10 minutes

Cook time: 50 minutes

Total time: 60 minutes

Yield: 6 generous portions, or 6 modest portions plus leftovers

Ingredients:

1 Tbsp olive or vegetable oil

½ cup onion, chopped

2 cans beans of your choice, drained (kidney or black are good)

1 tsp garlic, minced

1 can diced tomatoes

1 bay leaf

1 tsp basil, dry

¼ tsp black pepper

½ tsp salt

4 ¾ cups water

2 cups long grain brown rice (may use other types brown rice, may need ¾ cup less water for short grain)

6 cups fresh or frozen broccoli spears or flowerettes (or other vegetable of choice)

If you prefer your broccoli or other vegetable raw, leave out of pot and serve on the side as a "finger salad".

Preparation:

1. In a medium stock pot or electric skillet sauté onion in oil until soft over medium-low heat. Gather other ingredients, open cans, measure and rinse rice while onions cook.
2. Add beans, garlic, tomatoes, bay leaf, basil, pepper, salt and water. Increase heat to medium-high to bring to a boil. Add rice, stir and reduce heat. Simmer 25 minutes uncovered stirring only once.
3. Place broccoli on top of rice mixture. Cover and cook over low heat without stirring for 15 minutes until the rice is done and broccoli steamed.
4. Remove bay leaf.

Nutrition Facts: 440 calories, 5gm total fat, 1 gm sat. fat, 0 mg cholesterol, 548 mg sodium, 84gm carbohydrate, 16 gm fiber, 20 gm protein. 47% vit A, 137% vit C, 17% calcium, 31% Iron.

Cost to Make: Winco prices 2/21/12 Vancouver, WA)

Recipe for 6 portions = \$4.60 (72 cents per portion)

Turn it into a meal for a total cost of less than \$10 for 6 people:

Serve with: (per person) one piece fruit in-season or ½ cup drained canned fruit and 1 cup low-fat milk.