

Recipe Name: Red Beans w/ Brown Rice

Resources used for Crediting: FBG

Component Contribution

X ___ Meat/Alt ___ Vegetable/Fruit
 X ___ Grain/Bread

<u>45</u>	<u>.5 cup beans</u>	<u>.25 cup rice</u>	<u>3-5 yr old</u>
Servings	Portion Size		Age Group

Ingredient	Form (whole, chopped)	<u>23 cups beans, 13 cups rice</u> Recipe Yield	
		Weight	Measure
Red Beans	Canned, drained,	15 oz can	14 cans
Diced tomato	Canned, undrained	29 oz can	1
Dehydrated onion			1/2 cup
Minced garlic			3 Tbsp
Chili Powder			3 Tbsp
Salt and Pepper			As needed
Brown rice, instant	Uncooked	28 oz	
Chicken Broth			8 Cups

Directions:

Open beans and drain. Put beans, tomato, onion, garlic, chili powder into a saucepan. Heat to simmering. Taste and season with salt and pepper if needed.

Prepare rice with chicken broth as directed on the package.

To serve:

If serving 6 tables, place 3.8 cups of beans and 2.2 cups of rice per bowl or platter.