

Brown Rice with Corn and Beans



SERVING SIZE: 3

PREP/COOK TIME: 25 MINUTES

INGREDIENTS

- 1 cup low-sodium broth (any type; see Notes)
- 1 package (1.25 ounce) taco seasoning or ¼ teaspoon each chili powder, garlic powder, ground cumin and oregano
- 1 cup instant brown rice
- ⅓ cup salsa
- ½ cup corn (frozen or canned, drained and rinsed)
- ½ cup black beans (cooked or canned, drained and rinsed)

Source: <https://foodhero.org/recipes/brown-rice-with-corn-and-beans>

DIRECTIONS

1. Wash hands with soap and water.
2. Bring the vegetable broth and seasonings to boil in a medium saucepan.
3. Add the rice, salsa, corn and beans. Turn heat to low, cover saucepan and let cook without stirring for 10 minutes.
4. Gently stir before serving.
5. Refrigerate leftovers within 2 hours.