

# Spanish Rice and Beans

Fibre is an important part of a healthy diet. It may help in weight management and in reducing the risk of some chronic diseases. This flavourful side dish is very high in fibre thanks to the combination of whole grain rice, vegetables and beans.



## Ingredients:

2 Tbsp	Canola oil	30 mL
½ cup	Onion, minced	125 mL
2 cups	Brown rice, dry	500 mL
1 tsp	Paprika	5 mL
½ tsp	Cumin	2 mL
1 tsp	Garlic powder	5 mL
1 Tbsp	Parsley flakes	15 mL
½ tsp	Salt	2 mL
½ tsp	Pepper	2 mL
2 Tbsp	Tomato paste	30 mL
4 cups	Water	1 L
2 cups	Mixed frozen vegetables, chopped	500 mL
2 cups	Broccoli florets, chopped	500 mL
1–19 oz can	Red kidney beans, drained and rinsed	1–540 mL can

## Directions:

1. In deep skillet, heat oil and add onion. Sauté until soft.
2. Add rice and spices. Cook and stir until rice is lightly toasted but not browned.
3. Add tomato paste, water and frozen vegetables.
4. Bring to a boil again; reduce heat to medium. Cover and cook for 20–30 minutes or until all the water is absorbed and rice starts to soften.
5. Fluff rice with a fork; add broccoli and beans reduce heat to low. Cover and cook for another 5–10 minutes or until rice is done.
6. Stir rice gently. Serve hot or cold.

**Makes 8 servings (250 mL/ 1 cup/ 251 g)**

# Spanish Rice and Beans

---

<b>Nutrition Facts</b>	
Per 1/8 of recipe (250 mL/ 1 cup/ 251 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 260	
<b>Fat</b> 5 g	<b>8 %</b>
Saturated 0.5 g + Trans 0 g	<b>3 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 190 mg	<b>8 %</b>
<b>Carbohydrate</b> 45 g	<b>15 %</b>
Fibre 8 g	<b>32 %</b>
Sugars 3 g	
<b>Protein</b> 10 g	
Vitamin A	110 %
Vitamin C	50 %
Calcium	6 %
Iron	20 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Very high in fibre	8 g
Low in saturated fat	0.5 g
High in potassium	510 mg
Source of calcium	59 mg
Very high in magnesium	87 mg
Very high in folate	123 mcg
High in iron	3 mg

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	1
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	½

This is a Choose Most Often recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.