

Tuna and Rice



FIELD & FORK

CAMPUS FOOD PROGRAM
UNIVERSITY OF FLORIDA



Ingredients:

2 Tbsp	Oil
¼	Small onion (optional)
14 oz can	Chicken broth or water
1 can	Green beans or other vegetable
1 ⅓ cups	Rice
1 tsp	Basil
¼ teaspoon	Pepper
13 oz can	Tuna or chicken
1 cup	Cherry tomatoes or diced squash, etc.

Directions:

1. Chop the onion. Drain the tuna. Cut the cherry tomatoes in half.
2. Heat oil in a large skillet. Add onion and cook until tender.
3. Add broth, beans, rice, basil and pepper. Stir to mix well. Bring to a boil, reduce heat, cover, and simmer 3 minutes, until almost all liquid is absorbed and beans are tender-crisp.
4. Add tuna and tomatoes to skillet. Stir gently to mix. Cover and cook 1 more minute until heated through.