

Hearty Rice Skillet



FIELD & FORK

CAMPUS FOOD PROGRAM
UNIVERSITY OF FLORIDA

Ingredients:

15 oz can	Black, garbanzo, or kidney beans, rinsed and drained
14 oz can	Diced tomatoes
1-2 cans	Vegetables
1 cup	Water
¾ cup	Instant brown rice, uncooked
½ tsp	Dried thyme
4-5 dashes	Hot sauce (optional)
10 oz can	Condensed tomato soup
½ cup	Shredded cheese (optional)



Directions:

1. In a large skillet, stir together beans, tomatoes, vegetables, water, uncooked rice, thyme and hot sauce (if desired).
2. Bring to a boil; reduce heat. Cover and simmer for 12-14 minutes or until rice is tender.
3. Stir in soup; heat through. Before serving sprinkle with cheese.
4. You could also add in *browned hamburger* to put protein into the meal.