Tuna and Rice

**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.