



Chili Rice Bake

Makes 6 cups | 4 servings | Protein | Grains | Vegetables

Ingredients

- 1 cups *CNP Meat Sauce*
- 2 cups low-sodium broth
- 1 green bell pepper, chopped
- 2 Tablespoons chili powder
- 1 teaspoon garlic powder
- 3 cup brown rice, cooked
- ½ cup low-fat cheddar cheese, shredded
- Nonstick Spray

Directions

1. Wash hands in warm, soapy water for 20 seconds.
2. Preheat oven to 350 °F.
3. Heat *CNP Meat Sauce*, broth, bell pepper and spices to a boil in a saucepan.
4. Add rice and stir together.
5. Pour into the baking dish and sprinkle cheese over the top.
6. Bake at 350°F for 20 minutes, or until cheese begins to brown.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>
1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwo.edu

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