

Chili Rice Bake

Makes 4 servings | Protein • Grains • Vegetables • Dairy

Ingredients

- 1 cup *CNP Meat Sauce* or canned chili, with or without beans
- 2 cups low-sodium broth
- 1 cup vegetables, fresh, frozen, or canned (bell peppers, jalapeños, diced tomatoes, corn, mixed vegetables, etc.)
- 2 Tablespoons chili powder
- 1 teaspoon garlic powder
- 3 cups cooked rice, brown or white
- ½ cup low-fat shredded cheddar cheese
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If rice isn't cooked, cook following package instructions
3. Preheat oven to 350°F. Spray a 9x13-inch baking pan with nonstick spray. Set pan aside.
4. If using *CNP Meat Sauce*, heat with broth until thawed. If using canned chili, combine chili and broth. Heat until warm.
5. Bring to a boil and add vegetables and spices.
6. Add rice and stir together.
7. Pour into the baking pan and sprinkle cheese over the top.
8. Bake at 350°F for 20 minutes or until the cheese begins to brown.



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 local CNP educator.

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