

Green Bean & Rice Casserole

Makes 6 servings | **Vegetables • Grains**

Ingredients

- 2-3 teaspoons minced garlic
- ½ cup onion, chopped
- 2 teaspoons canola oil
- ½ cup brown rice, uncooked
- 1½-2 cups low-sodium broth or water
- 1 can low-sodium green beans (about 15 ounces)
- 2 cups fresh tomatoes, diced or 1 can low-sodium diced tomatoes (about 15 ounces)
- ¼ cup shredded cheese (optional)
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a medium-sized pan, sauté garlic and onion in oil for 1-2 minutes or until it begins to brown.
3. Add rice and broth.
4. Cover and cook on medium high until rice is soft, about 20-30 minutes.
5. Preheat oven to 375°F.
6. Spray a small baking dish with nonstick spray.
7. Drain green beans and rinse under cool water.
8. Add green beans and tomatoes to cooked rice. Mix together.
9. Spread rice mixture in the baking dish. Top with shredded cheese.
10. Bake for 20 minutes or until cheese is melted and beginning 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.

1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwyoming.edu

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