

Shopping List: Chicken Rice-a-Roni with beans

Compile these ingredients for chicken rice-a-roni, a simple and healful side dish. Quantities listed will make one "package" to put with the recipe:

- 1 bag long grain brown rice
- 1 can chicken broth
- dried minced onion (optional)
- dried celery flakes (optional)
- 1 can or one bag beans, any kind (black, kidney, or garbanzo are favorites)
- salt and pepper (optional)

Notes:

- *Do your best to find a brand of chicken broth without MSG (monosodium glutamate), which hides under other names like hydrolyzed _____ protein, yeast extract, and more. See [here](http://bit.ly/H3ELCJ) (<http://bit.ly/H3ELCJ>) for the scoop. It does little good to make homemade food and still have the worst offender additives in there...*
- *Include the printable "how to cook dry beans" with any bags of beans.*
- *Consider including the printable "how to make healthy homemade chicken broth" with this recipe to teach healthier, frugal options.*
- *Package all supplies in a clear plastic bag or repurposed grocery bag, tied well at the top. Tape the recipe to the outside and include a second on the inside for safekeeping.*

Recipe courtesy of www.KitchenStewardship.com

Recipe: Chicken Rice-a-Roni with beans

Ingredients:

- 1 c. dry brown rice
- 2 c. chicken broth (1 can plus a little water makes 2 cups)
- 1 chopped onion
- 1-2 stalks chopped celery
- 1 can of beans, any kind, or 2 c. cooked dry beans
- 1/4-1/2 tsp. salt and 1/8-1/4 tsp. pepper (shoot low and taste the first time; you can always add more but can't take it out)

Method:

Saute onion and celery in a little water or oil over medium heat 5-10 minutes until limp. Add chicken broth and rice, salt and pepper. Bring to a boil. Reduce heat to very low, cover, and simmer 45 minutes until rice is cooked and liquid is absorbed. Do not peek until the time is finished. Drain and rinse (canned) beans in a colander. Add to the pot and heat through.

- *To use dry beans:* soak and cook a whole bag following the package directions. Use 2 c. and freeze the rest for next time.
- *What kind of beans?* Black, Kidney, Garbanzo are all great.
- *To use dried, minced onion:* Mix all the ingredients together; no need to saute. Use about a Tablespoon of onion. Skip the celery if you don't have any.
- *On buying celery:* Grab celery when it's on sale and chop it all up, then freeze it in a ziploc bag. You can use it right from the freezer in recipes like this (just bang the bag around to break it up).
- *To use white rice:* If white rice is all you have, all the amounts stay the same, but only set the timer for 15 minutes after the broth boils.
- *If you have garlic powder or red or green peppers, add 1/4 tsp. garlic and half a pepper, chopped.*
- *Try making your own chicken broth to save even more money.*

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