

Shopping List: Mexican Rice and Beans

Compile these ingredients for Mexican rice and beans, a simple and healthful side dish. Quantities listed will make one “package” to put with the recipe:

- 1 bag long grain brown rice
- 1 can tomato sauce (8 oz. is called for in the recipe, but you can grab a 16 oz. or more if it's a better deal)
- 1 can or one bag beans, any kind (black, kidney, or pinto are favorites)
- 1 packet taco seasoning
- 1 can corn, optional

Notes:

- *Do your best to find a brand of taco seasoning 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... This can be very tricky, but often the store brands are the best place to start!*
- *Include the printable “how to cook dry beans” with any bags of beans.*
- *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: Mexican Rice and Beans

Ingredients:

- 1 c. dry brown rice
- 1 $\frac{3}{4}$ c. water
- 8 oz. can tomato sauce or 1 cup
- 2 Tbs. Taco seasoning (about half a packet)
- 1 can kidney or black beans or 2 cups cooked dry beans
- 1 can corn, drained, or 1 c. frozen (optional)

Method:

Over medium heat, saute dry rice in a dry pot, stirring constantly, for just 1-3 minutes until rice barely starts to brown. Add water, tomato sauce and taco seasoning to the pot. Bring to a boil and then reduce heat to very low. Simmer, covered, for 45 minutes (don't peek or stir!). Add beans, corn and seasoning, cook 5 more minutes or until heated through, stirring often.

- *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, Pinto are all great.
- *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.
- *To use a larger can of tomato sauce:* Just measure a cup, and you can always freeze the rest in a new container for next time. If you have a really large can, freeze the rest in one cup portions.
- You may need to add quite a bit of salt to make it taste right, depending on your taco seasoning.
- Serve as a side dish with tacos or add a half pound of cooked ground beef to make it a hearty meal. Beans and rice is also a filling and healthy meal in itself.
- Store leftovers in the refrigerator or freezer.

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