



Cheesy Tomato Rice

Prep Time: 5 minutes

Cook Time: 25 minutes

Cost per serving: \$0.47

What you need:

Utensils:

- Measuring cups and spoons
- Cutting board and utility knife
- Frying pan with lid
- Stirring spoon

Ingredients:

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 3 stalks celery, chopped
- ½ green bell pepper, chopped
- 2 cups cooked or canned tomatoes
- 3 cups cooked brown rice
- 1 cup finely shredded reduced -fat cheddar cheese

What to do:

1. Wash your hands and clean your cooking area.
2. Heat oil in frying pan.
3. Add onion, celery, and pepper; cook until tender.
4. Add tomatoes, rice and cheese.
5. Cover and cook slowly until cheese melts and mixture is hot.



BETTER LIVING
FOR TEXANS

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Nutrition Facts

Serving Size 1 cup
Servings Per Container 8

Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 260mg	11%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 6g	
Vitamin A 10%	Vitamin C 25%
Calcium 15%	Iron 2%