



## FEATURE RECIPE

# BEANS & RICE MASTER MIX

*This master mix makes loads of meals simply minutes away with a complete mix of seasoned beans, rice and meat.*

**Prep Time: 20 minutes**  
**Cook Time: 15 - 20 minutes**

**Makes: 4 cups (1 L)**

### Ingredients

- 1 Tbsp (15 mL) canola oil
- 1 lb (500 g) ground beef, pork, chicken, turkey or crumbled tofu
- ½ cup (125 mL) uncooked, brown rice
- 2 cloves garlic, minced
- 1 sweet red or yellow pepper, diced
- 1 large yellow onion, diced
- 1 medium zucchini, grated
- 1 can (19 oz/540 mL) black beans, pinto beans or mixed beans, drained & rinsed (yields 2 cups/500 mL cooked beans)
- 1 cup (250 mL) salsa (heat level to taste)
- 1 ½ cups (375 mL) beef, chicken or vegetable broth
- 1 cup (250 mL) canned or frozen kernel corn

### Directions

1. In a large heavy bottomed skillet, heat oil over medium.
2. Brown ground meat or tofu. Add brown rice and cook for 2 minutes.
3. Add garlic, pepper, onion, zucchini and continue cooking, stirring until onion is soft.
4. Stir in beans, salsa and broth, cover and cook until rice is tender, about 15 minutes. Mixture will be thick.
5. Add corn, heat through and serve!
6. Use in wraps, tacos, quesadillas, enchiladas, nachos, chili, soups and more or cool mixture and pack into desired serving sizes and freeze for later use.

### Tips

Want more heat? Add a few hot pepper flakes or a dash of Tabasco sauce along with the salsa!

### Variations

- Make it Mexican with ground beef, black beans and picante tomato salsa.
- Go tropical with ground pork, pinto beans and pineapple or mango salsa!
- Try southwest flavours with ground chicken, mixed beans and chipotle salsa.

### Nutrients per serving using ground beef (1/2 cup/125 mL)

286 Calories, 10 g Fat, 3 g Saturated Fat, 37 mg Cholesterol, 30 g Carbohydrate, 6 g Fibre, 5 g Sugars, 20 g Protein, 497 mg Sodium, 659 mg Potassium, 42 mcg Folate, 3 mg Iron



