

# Brown Rice with Corn and Beans

## Ingredients

1 cup low-sodium **broth** (any type; see Notes)

1 package (1.25 ounce) **taco seasoning** or  
¼ teaspoon each chili powder, garlic powder,  
ground cumin and oregano

1 cup instant **brown rice**

⅓ cup **salsa**

½ cup **corn** (frozen or canned, drained and  
rinsed)

½ cup **black beans** (cooked or canned, drained  
and rinsed)

## Instructions

1. Wash hands with soap and water.
2. Bring the vegetable broth and seasonings to boil in a medium saucepan.
3. Add the rice, salsa, corn and beans. Turn heat to low, cover saucepan and let cook without stirring for 10 minutes.
4. Gently stir before serving.
5. Refrigerate leftovers within 2 hours.



## Notes

Broth can be made at home, purchased in a can or box, or made using bouillon. For each cup of broth, use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.

Substitute 1½ cups of Farmers Market Salsa for the last three ingredients.

Try adding cilantro on top for more flavor.