

Dirty Rice

- 1 pkg. Long grain & wild rice, with seasoning packet (6 oz.)
- 1 can Beans, rinsed and drained (Black Eye, Pinto, or Kidney), 15.5 oz.
- 2 c Water
- 2 T Margarine

1. COMBINE rice, season packet, beans, water, and margarine into a medium sauce pan. STIR well.
2. Bring contents to a BOIL. REDUCE heat (low heat) and SIMMER covered for 25 minutes or until rice is tender.

Makes 6 1-cup servings

Nutrition Information: 180 calories; 5 g fat, 0 mg cholesterol, 430 mg sodium, 30 g carbohydrates, 3 g fiber, 6 g protein



Chickasaw Nation Nutrition Services

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