

Veggie Paella



Ingredients:

- 2 tablespoons olive oil
- 1 cup chopped onion
- 1 red bell pepper, seeded and chopped
- 1 cup sliced mushrooms
- 1 teaspoon minced garlic
- 1 (16 ounce) package yellow rice
- 1 cups water
- 1 cup chopped tomatoes (fresh or canned)
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (10 ounce) package frozen green peas, thawed
- ½ teaspoon paprika
- 1 teaspoon dried basil

Directions:

1. In a large pot, heat oil and saute' onions, peppers, mushrooms and garlic for 5-7 minutes. Add rice and water and bring to a boil. Reduce heat, cover and cook for 20-25 minutes or until rice is done.
2. Stir in tomato, black beans, peas, paprika and basil and stir until well heated.

Makes 4 Servings

Adapted from Meals on the Move, Rush Hour Recipes, Holly Clegg, 2000



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