

Italian Style Rice and Beans

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Servings: 6

*1 can (14.5 ounce) diced tomatoes
with Italian herbs*

*1 can (15.8 ounce) great northern
OR cannellini beans, drained and
rinsed*

2/3 cup instant rice

1/4 teaspoon Italian seasoning (or

1/2 teaspoon of dried basil)

pepper (to taste)

In a medium saucepan, place the tomatoes, beans, rice and Italian seasoning. Cook for 3 to 4 minutes, covered, over medium-high heat.

Uncover the pan and continue cooking for 2 to 3 minutes or until the rice is tender. Add pepper to taste.

The dish is slightly saucy when completely cooked.

Per Serving (excluding unknown items): 40 Calories; trace Fat (0.7% calories from fat); 1g Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Grain(Starch).

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	40
% Calories from Fat:	0.7%
% Calories from Carbohydrates:	91.0%
% Calories from Protein:	8.3%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	9g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	1mg
Potassium (mg):	2mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0

Calcium (mg): 2mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 40 Calories from Fat: 0

% Daily Values*

Total Fat trace 0%
Saturated Fat trace 0%
Cholesterol 0mg 0%
Sodium 1mg 0%
Total Carbohydrates 9g 3%
Dietary Fiber trace 1%
Protein 1g

Vitamin A 0%
Vitamin C 0%
Calcium 0%
Iron 2%

* Percent Daily Values are based on a 2000 calorie diet.