

# VEGGIE TUNA BOWL



INGREDIENTS Serves: 6 | Serving Size: 1 cup

---



**brown rice**  
1 cup



**canola oil**  
1 1/2 teaspoons



**onion**  
1 medium



**garlic**  
3 cloves, or 1  
teaspoon  
garlic powder



**red pepper flake**  
1/2 teaspoon



**celery**  
1 cup



**no salt added  
canned spinach**  
1 cup



**no salt added  
canned carrots**  
1 cup



**no salt added  
canned tomatoes**  
to taste



**low sodium  
canned tuna**  
10 ounces (drained)



**low sodium  
soy sauce**  
6 teaspoons

---

LOWCOUNTRY FOOD BANK



[lowcountryfoodbank.org/nutrition](http://lowcountryfoodbank.org/nutrition)

# INSTRUCTIONS

## 1. PREPARE RICE



Heat 4 cups water and brown rice in small pot and bring to a boil. Once boiling, cover and reduce heat. Cook for 25 minutes or until tender.

## 3. COOK VEGETABLES



Add oil to a large nonstick pan over medium heat and sauté onions, garlic, celery and red pepper flake until tender.

## 5. COOK TUNA



In a separate pan, heat tuna and soy sauce over medium heat until warmed through.

## 2. PREPARE VEGETABLES



Dice onion, celery and garlic.

## 4. ADD REMAINING VEGETABLES



Add carrots, tomatoes, and spinach and sauté for another 2 minutes.

## 6. MIX IT ALL TOGETHER



Mix together rice, tuna and vegetables until well combined. Serve and enjoy.

### NUTRITION INFORMATION

Calories: 230	Total Carbohydrate: 31g	Protein: 15g
Total Fat: 5g	Dietary Fiber: 5g	Sodium: 590mg

LOWCOUNTRY FOOD BANK



This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.  
This Institution is an equal opportunity provider.