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 (drained)
- no salt added canned carrots 1 cup (drained)
- no salt added canned diced tomatoes 1 cup (drained)
- low sodium canned tuna 10 ounces (drained)
- low sodium soy sauce 6 teaspoons

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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.

2. PREPARE VEGETABLES

Dice onion, celery and garlic.

3. COOK VEGETABLES

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

4. ADD REMAINING VEGETABLES

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

5. COOK TUNA

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

6. MIX IT ALL TOGETHER

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

NUTRITION INFORMATION

<table>
<thead>
<tr>
<th>Calories: 230</th>
<th>Total Carbohydrate: 31g</th>
<th>Protein: 15g</th>
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<tbody>
<tr>
<td>Total Fat: 5g</td>
<td>Dietary Fiber: 5g</td>
<td>Sodium: 590mg</td>
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LOWCOUNTRY FOOD BANK

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