

VEGGIE TUNA BOWL



INGREDIENTS Serves: 6 | Serving Size: 1 cup



brown rice
1 cup



canola oil
1½ teaspoons



onion
1 medium



garlic
3 cloves, or 1
teaspoon garlic
powder



red pepper flake
½ 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



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



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