

Black Bean and Rice Enchiladas

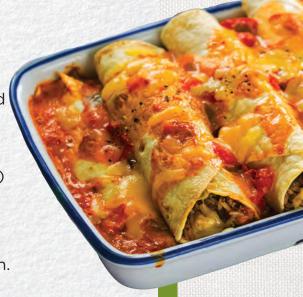
Servings: 6

Ingredients

- Six 6-inch whole-wheat tortillas
- One 14.5-ounce can black beans, drained and rinsed
- 2 cups cooked rice, brown or white
- 1 cup shredded cheddar cheese, divided
- One 15-ounce can diced tomatoes with chiles
- One 2.25-ounce can sliced olives, drained (optional)
- One 16-ounce can enchilada sauce, divided

Directions

- 1. Wash hands and surfaces.
- 2. Arrange tortillas in 2 stacks and place in a cold oven. Heat the oven to 400 F. Remove the tortillas after 10 minutes and cover with a warm, damp towel.
- 3. In a medium bowl, use a fork to mash the black beans. Add the rice, $\frac{1}{3}$ cup cheese, tomatoes and olives (if desired).
- 4. Coat the bottom of a 9-by-13-inch baking dish with a thin layer of enchilada sauce. Save about half the sauce to use as a topping.
- 5. Spoon about $\frac{1}{3}$ cup rice mixture over the center of a tortilla; roll it up. Set in the baking dish, seam-side down. Fill the remaining tortillas and place them in the baking dish, squeezing them into place.
- 6. Pour the remaining enchilada sauce over the rolled tortillas and sprinkle remaining cheese over the top.
- 7. Bake uncovered for 30–35 minutes until hot and bubbly. Let stand a few minutes before serving.
- 8. Refrigerate leftovers immediately.









Ingredients

- ¾ cup firmly packed brown sugar
- ¼ cup butter, softened
- ½ cup peanut butter
- 1 large egg
- 1 tablespoon vanilla
- 1 cup whole-wheat flour
- 1½ teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon ground cinnamon
- 2 cups rice, cooked
- 2 cups mixed nuts and dried fruit
- Nonstick cooking spray

Directions

- 1. Preheat oven to 375 F.
- 2. Wash hands and surfaces.
- 3. In a large bowl, beat sugar, butter, peanut butter, egg and vanilla.
- 4. Stir in flour, baking powder, salt and cinnamon.
- 5. Fold in rice, mixed nuts and dried fruit.
- 6. Spray a 9-by-13-inch baking dish with nonstick spray and spread mixture evenly into dish.
- 7. Bake 25–30 minutes until golden brown. Cool, cut and serve. Refrigerate leftovers.





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Vegetable Soup

Servings: 4

Ingredients

4 cups broth (or prepared bouillon)

1 cup rice, uncooked

1 cup canned mixed vegetables, drained

¼ teaspoon garlic powder

½ teaspoon pepper

½ teaspoon salt

½ tablespoon dried parsley

Directions

1. Wash hands and surfaces.

2. In a saucepan over medium-high, place broth and uncooked rice. Cover pan.

3. Bring the broth and rice to a boil, then reduce the heat to low.

4. Stir and simmer for 15 minutes.

5. Add remaining ingredients.

6. Simmer for 10-15 minutes, until vegetables are heated through.

7. Refrigerate leftovers immediately.



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