



## Minnie's Food Pantry Thanksgiving Meal!

The Holiday season is a time to give back to the local community and help those who may not have the means to provide a holiday sit-down dinner for their family.

Here is an idea of making an easy, healthy, and tasty recipe with three food items found on your thanksgiving meal bag.

**Hope you like it and enjoy it!**

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### *Healthy Vegetable Rice Recipe*

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#### **Ingredients**

1 tbsp cooking oil  
1 glove of garlic  
¼ cup of diced onions  
¼ cup of green  
1 tbsp of cilantro  
1 tbsp of tomato sauce  
¼ tsp ground oregano  
1 can of mixed vegetables  
1 cup of low-sodium chicken broth  
½ tsp of salt  
1 ½ cup of white rice  
½ cup of water

#### **Preparation**

Heat the pot to medium heat, and add the cooking olive oil. Sauté the garlic, onions, green pepper, and cilantro until softened.



Then add the oregano and stir for 2 minutes. Add tomato sauce and stir for another minute. Rinse canned mixed vegetables, then add to the pan. Stir gently for 1 minute. Add low-sodium chicken broth and ½ tsp of salt, bring to a rapid boil and let it simmer for 2 minutes. Wash rice thoroughly, and then add to the pot. Add remaining water to ensure rice is covered by 1 inch. Reduce heat to a soft boil, cover the pan, and wait for the liquid to absorb and evaporate. Carefully mound rice towards the center of the pot, top with foil, and cover with lid. Reduce heat to simmer and cook for 20 minutes. Removed the lid, gently stirred the rice, and served.

