

One-Pot Stovetop Casserole

- This is a healthy and easy no-bake version of a rich and hearty classic, Pot Pie.
- Brown rice and mixed vegetables are a good source of fiber that makes you feel full and slows digestion of carbs.
- This is a great weeknight meal that can be put together quickly and left to simmer (check occasionally) while doing other tasks.
- Try adding canned meats (10oz.), like chicken, tuna or pork, or any variety of beans (14oz.) for a protein boost.
- Try adding other vegetables that you have on hand, like broccoli, cabbage or onions. (the options are endless!)

Nutrition Facts

Serving size: 1 cup

Servings: 8

Amount per serving

Calories **254**

% Daily Value*

Total Fat 8.7g **11%**

Saturated Fat 1.7g **9%**

Cholesterol 0mg **0%**

Sodium 189mg **8%**

Total Carbohydrate 39.4g **14%**

Dietary Fiber 3.5g **13%**

Total Sugars 2g

Protein 4.5g

Vitamin D 0mcg 0%

Calcium 34mg 3%

Iron 1mg 6%

Potassium 176mg 4%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

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Servings: 8 - Prep Time: 5 - 10 minutes - Cook Time: 45 minutes



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Ingredients:

- 2 cups uncooked long grain brown rice
- 4 cups of water
- 2 Tablespoons of oil (any)
- 1 (10.5oz) can of reduced sodium - cream of soup, any flavor
- 1 (15oz.) can or frozen mixed vegetables (Corn, carrots, peas and green beans)
- 1/2 teaspoon black pepper
- 1 Tablespoon Italian seasoning
- 1/4 cup Italian breadcrumbs
- Optional: 1/4 cup of cheese to garnish

Directions:

1. In a large uncovered pot bring 4 cups of water to **boil**, along with the addition of 2 tablespoons of the oil that you have.
2. **Drain and rinse** canned vegetables (or thaw frozen) and **add** to pot while water is heating.
3. Once **boiling**, **add** 2 cups of uncooked long grain brown rice and **reduce** to **simmer**.
4. **Add** can cream of soup (any flavor). If using, drain, rinse and **Add** canned meat or beans and/or other vegetables now.
5. **Add** pepper and Italian seasoning. Add more to taste.
6. **Mix** thoroughly and allow pot to **simmer** uncovered for 30-45 minutes, stir occasionally or until rice is tender.
7. **Top** with 1/4 cup of Italian breadcrumbs and optional cheese of choice.