



Chili Over Rice



1. In a large pot, bring to a boil:

Water 2 cups

Add:

Brown rice, uncooked 1 cup

Bring back to a boil. Cover pot with lid and reduce heat to low. Cook for 40 minutes or until rice is tender.

2. In a separate pot:

Oil 2 tablespoons
Onion, chopped 1 medium
Ground beef 0.22 kilograms (or ½ pound)

Cook over medium heat for about 5 minutes or until onion is clear.

3. Add:

Tomato sauce 1 can (213 ml)
Tomatoes, diced 1 can (398 ml)

Bring to a boil then reduce heat and add:

Instant oats ¼ cup
Water 2 cups
Garlic, minced 1 clove (or 1/4 teaspoon garlic powder)
Chili powder 1 tablespoon
Cumin (optional) ½ teaspoon
Basil (optional) 1 teaspoon
Salt 1 teaspoon
Pepper ½ teaspoon

Bring to a boil and reduce heat to low. Cook for 30 minutes. Add more water if it gets too thick. Stir frequently.

4. Add:

Kidney beans, drained & rinsed 1 can (398 ml)



5. Cook for another 5-10 minutes, until everything is hot.
Stir occasionally.

Serves 6

Tip:
Add any fresh or frozen vegetables (like carrots, celery or peas) and cook until tender.

Adapted from Community Kitchens Cookbook

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 website: hsmm.ca

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