



## Slow Cooked Vegetable Rice and Beans with Herbs

**Makes 6 1-cup servings (approximately .65 cents per serving)**

- ½ cup dried black beans (soaked overnight and rinsed)
- 1 cup brown rice
- 1 cup diced carrots
- 1 cup chopped celery
- 1 cup chopped onions
- 1 can (4 oz.) mushrooms
- 1 can (10 ½ oz.) cream of mushroom soup
- 2 ½ cups chicken broth (or dissolve 2 ½ tsp. chicken flavored soup base in 2 ½ cups hot water)
- 1 tsp. Italian seasoning
- ½ tsp. fresh thyme
- ¼ tsp. salt
- 1/8 tsp. black pepper

### Directions:

Add all of the ingredients to the slow cooker and cook on high for 4 hours (or on low for 6 hours) until the beans and rice are tender.

Nutrients per 1 cup serving:

223 calories	3.8 grams fiber
9.0 grams protein	2.5 grams fat
41 grams carbohydrate	705 mg sodium

**Market Baskets Program:** Thanks to the generous support from the Robert & Eleanor Franke Charitable Foundation, Hillview Urban Agriculture Center is excited to introduce the Market Baskets Program – an easy, fun, and interactive way to bring low cost, tasty, and nutritious meals to family's tables in the La Crosse area. Designed to appeal to all ages, the Market Baskets classes and demonstrations are created to quickly teach participants how to prepare low cost and great tasty meals with minimal preparation and clean up using one-pot slow cookers. The goal of the program is to distribute 800 FREE SLOW COOKERS and enough legumes and whole grains for 20,000 MEALS to families throughout the La Crosse area. We are also getting support from the People's Food Co-op in donating ingredients such as dried beans and rice, the Hunger Task Force is providing storage space, and La Crosse RSVP is helping with pre-preparations and serving at events. Nutrient analysis provided by Wisconsin Nutrition Education Program UW Extension La Crosse County.

