

3 Dinners Mini Menu #20- "Meatless Rice" Edition

Grocery List

White Rice (2lb)
Onion x1
Mushrooms (8oz)
Veggie Broth (32oz)
Spinach (10oz)
Parmesan Cheese (6oz)
Eggplant (x1)
Tomato Sauce (15oz)
Mozzarella Cheese (8oz)
Cheddar Cheese (8oz)
Black Beans (15oz)
Corn (14.5oz)
Salsa
Chili Powder
Bell Peppers (x4)

@lowdoughfamily

Mushroom & Spinach Rice

Risotto (Shortcut)

2 tbsp butter or oil*
1 small onion, diced
2 cups mushrooms, sliced
1 cup white rice
3 cups vegetable broth
2 cups fresh spinach
1/4 cup grated parmesan
Favorite Seasonings*

1. Heat butter/oil in a skillet, sauté onion and mushrooms until softened.
2. Stir in rice, toasting lightly for 1 minute.
3. Add broth 1 cup at a time, stirring occasionally until absorbed (about 15-18 minutes total).
4. Stir in spinach until wilted.
5. Add parmesan, season with favorite seasonings, and serve warm.

Rice & Eggplant Parmesan

Bake

1 large eggplant, sliced into rounds
1 tbsp oil*
Favorite Seasonings*
2 cups cooked rice
15oz tomato sauce
1.5 cups shredded mozzarella (or any cheese blend)
1/2 cup grated parmesan (optional)

1. Preheat oven to 375°F. Arrange eggplant slices on a baking sheet, drizzle with oil, and season with favorite seasonings. Roast 20 minutes until tender.
2. Spread half the marinara in a baking dish, then layer rice, roasted eggplant, more sauce, and cheese. Repeat layers.
3. Top with mozzarella and parmesan.
4. Bake 20-25 minutes until bubbly and golden.

Stuffed Bell Peppers with Rice & Beans

4 bell peppers, tops cut off and seeds removed
1.5 cups cooked rice
15 oz black beans, drained and rinsed
14.5oz corn
1 cup salsa
1 cup shredded cheese (cheddar or any kind)
1 tsp chili powder (optional)

1. Preheat oven to 375°F.
2. In a bowl, mix rice, beans, corn, salsa, and half the cheese. Season with chili powder if using.
3. Stuff peppers with the mixture and place upright in a baking dish.
4. Sprinkle remaining cheese on top.
5. Cover with foil and bake 25-30 minutes, uncover for the last 10 minutes until peppers are tender and cheese is melted.