

# Dirty Rice with Salmon

**Prep Time: 30 – 60 minutes**

**Makes 6 servings**



## Ingredients:

- 1 onion, chopped
- 1 green pepper, chopped
- 1, 15-ounce can kidney beans, drained and rinsed
- 2 cups uncooked brown rice
- 2 Tablespoons vegetable oil
- 2 cans pink salmon
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

## Directions:

1. Prepare your ingredients: chop onion and pepper into small pieces, drain and rinse beans.
2. Cook rice according to package directions.
3. While rice is cooking, heat 2 tablespoons of oil in a pan. Add onions and peppers and cook 3-5 minutes until brown.
4. Add beans and salmon to mixture. Cook another 3-5 minutes until heated through.
5. Stir in cooked brown rice, salt, and pepper. Turn off heat. Serve immediately.

**Salmon is an excellent source of protein and heart-healthy fats!**



Cerro Gordo County  
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

## RECIPE TIPS

### Cook Once, Eat Twice

Prepare extra rice and save for other dishes throughout the week. Store leftovers in air-tight containers or freezer bags.

Thaw when ready to use.

### Vary your veggies!

Try preparing recipe with other vegetables such as broccoli, red or yellow pepper, or zucchini. Use other types of beans such as black beans or red beans.

### Make it lower in sodium!

Look for “no-salt added” or “low-sodium” on the label when purchasing beans, vegetables, and other canned goods.

Serving Size: 1/6 recipe

### Nutrition Facts:

Calories: 400

Fat: 9 g

Saturated Fat: 1 g

Sodium: 450 mg

Total Carbohydrates: 59 g

Fiber: 7 g

Protein: 21 g



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**Nutrition Services**

Recipe modified from: Dirty Rice with Salmon. Capital Area Food Bank. Web. <http://healthyfoodbankhub.feedingamerica.org/wp-content/uploads/2013/09/Dirty-Rice-with-Salmon.pdf>

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