

CHEESY BROCCOLI AND RICE



INGREDIENTS:

- 1 Tablespoon olive oil
- 1 ½ cup broccoli, cut into small pieces
- 1 small onion, diced
- 1 clove of garlic, minced
- 1 package of microwave jasmine rice
- ½ cup of veggie broth
- Salt and pepper to taste
- 1 cup shredded cheddar cheese

INSTRUCTIONS:

1. Heat olive oil in a medium size sauce pan over medium heat, add broccoli, chopped onion and minced garlic. Sauté for 5 minutes, stirring occasionally.
2. Add the broth, reduce heat, and cover. Steam for 3-5 minutes.
3. Microwave the rice according to package directions. Remove cover and add cooked rice to the pan. Stir to break up rice clumps. Cook for 2 minutes.
4. Season with salt and pepper.
5. Turn off heat and stir in cheese.
6. Eat and enjoy!

Yield: 4-6 servings
Source: maebells.com

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The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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