

## Confetti

Yield: 4 servings

### Ingredients:

- 1 cup white long rice (preferably basmati)
- 1 14.5-ounce can stewed tomatoes
- 1 teaspoon ground cumin
- 2 teaspoons dried oregano, crumbled
- 1 tablespoon dried basil, crumbled
- 1 15-ounce can black beans
- 2 cups frozen corn
- 1 cup salsa
- 1½ cups water

### Procedure:

Place all ingredients into a Dutch oven. Bring mixture to a boil while stirring frequently. Reduce heat and cook covered for about 20 minutes, or until rice is tender and has absorbed almost all the liquid. Makes a colorful accompaniment when teamed with grilled chicken and steamed broccoli.

about 400 calories, 1.5 grams of fat per serving (one-fourth of the recipe)

**A serving of Confetti also contains 37 percent of the daily recommended iron, 33 percent of the daily recommended vitamin C and 15 percent of the daily recommended calcium. This recipe is a classic example of the use of complementary proteins in a meatless recipe;**

**rice contains the amino acids (protein components) that the beans lack.**

Prairie Fare



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