



Dirty Rice with Salmon

Ingredients:

- 1 pouch brown rice
- 1 (5-ounce) cans pink salmon, drained
- 1 (15-ounce) can kidney beans, rinsed & drained
- 1 (15-ounce) can diced tomatoes with peppers & onions

Directions:

1. Heat 2 T oil in a large skillet over medium heat. When the oil is hot, add the canned tomatoes. Add salt & pepper if available
2. For spicier dirty rice, add the optional red pepper flakes and/or cayenne pepper powder.
3. Cook until veggies start to soften, about 7 minutes. Taste and add more seasoning as desired.
4. Add the beans and salmon, and allow them to heat through, stirring occasionally.
5. Cook brown rice and fold into mixture.

