Nutrition and Cost Analysis of Southwest Beans and Rice—4 servings

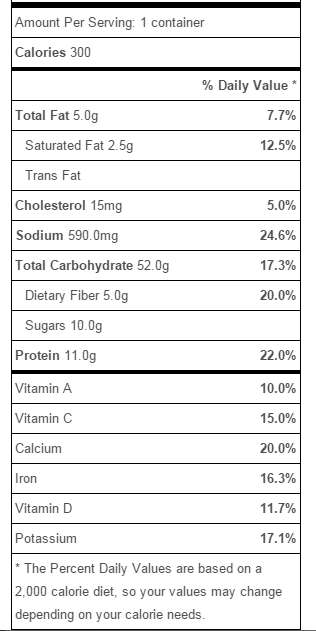
Performance Objective 6: Complete/Incomplete Protein Scratch vs. Convenience

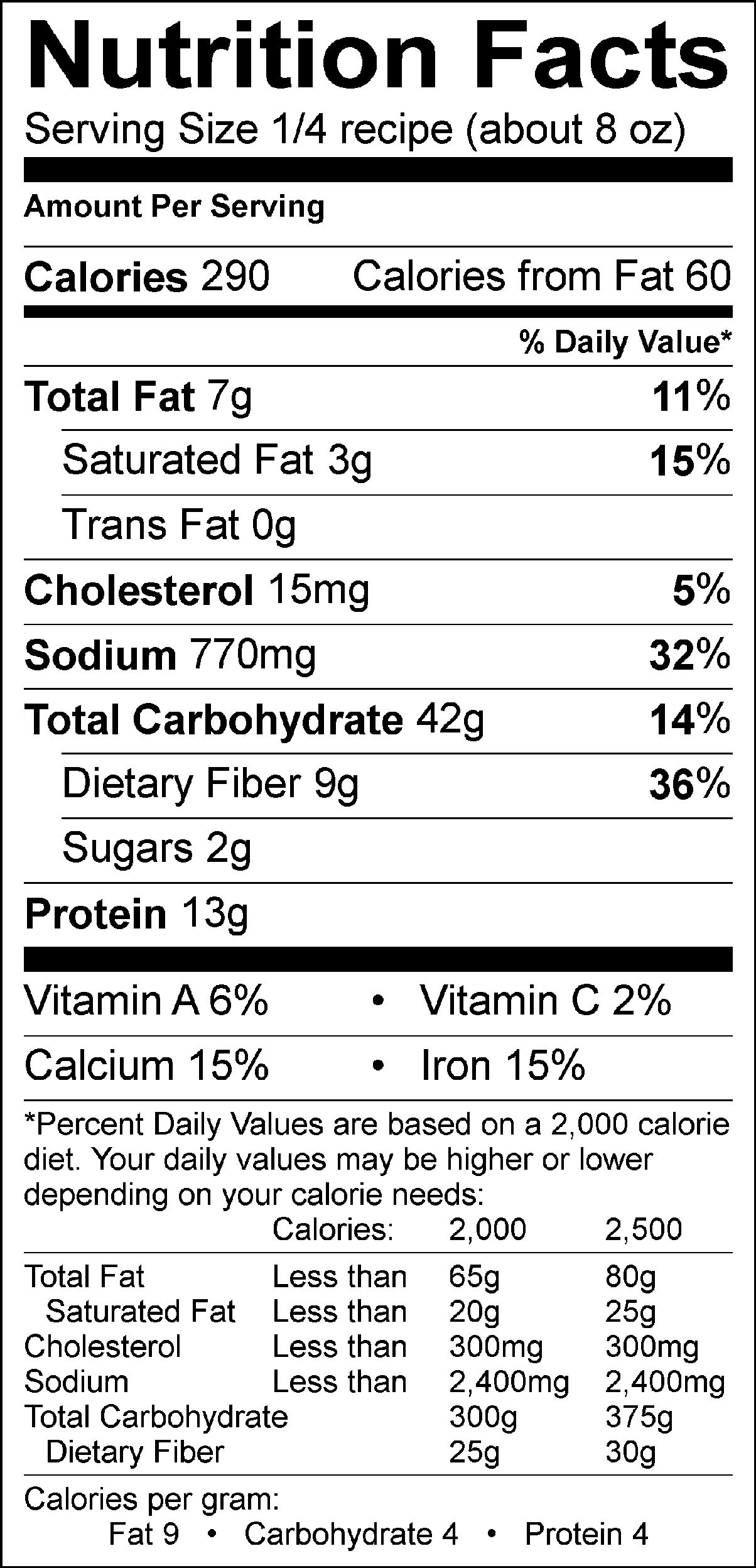
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| --- | --- | --- | --- |
| Food | Cost per Package | Cost per 4 serving recipe | Time: Prep + cook |
| 1 cup Water | n/a |  | 10 + 15 = 25 min. |
| 1 cup instant brown rice | $2.00 per 14 oz. box | $0.45 |  |
| 2 cups (1 can) black beans | $1.16 per can | $1.16 |  |
| 1 cup canned corn (1/2 can) | $0.69 per can | $0.34 |  |
| 1/2 cup salsa | $2.00—3 cup bottle | $0.67 |  |
| 1 teaspoon cumin | $2.48—2 oz | $0.01 |  |
| 1/2 cup shredded cheese | $7.94—32 oz.—8 cups | $0.50 | Total cost per recipe: $3.13 |

Closest convenience food matches: Lean Cuisine Santa Fe-Style Rice & Beans—includes a powdered sour cream base the scratch recipe does not have—and Vigo Santa Fe Pinto Beans and Rice.

|  |  |  |  |
| --- | --- | --- | --- |
| Food | Cost per Package | Cost per 4 serving recipe | Time: Prep + cook |
| Lean Cuisine Santa Fe-Style Beans and Rice | $2.14—per one serving size package | 4 packages = $8.56 | Microwave: 6 min per package  Oven: 45 min |
| Vigo Santa Fe Beans and Rice | $1.94—per 8 oz. package—serves 4 | $1.94 | 5 min to boil + 25 minutes to simmer = 30 minutes |

Lean Cuisine Nutrition Label:



Southwest Beans and Rice Nutrition Label:

Vigo Santa Fe Beans and Rice:

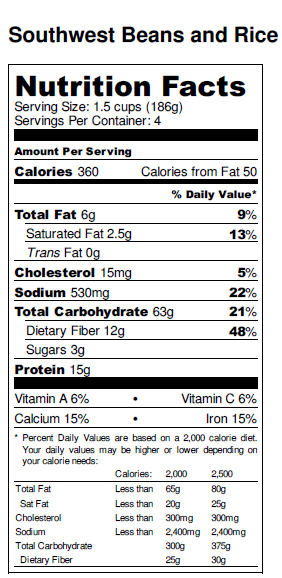


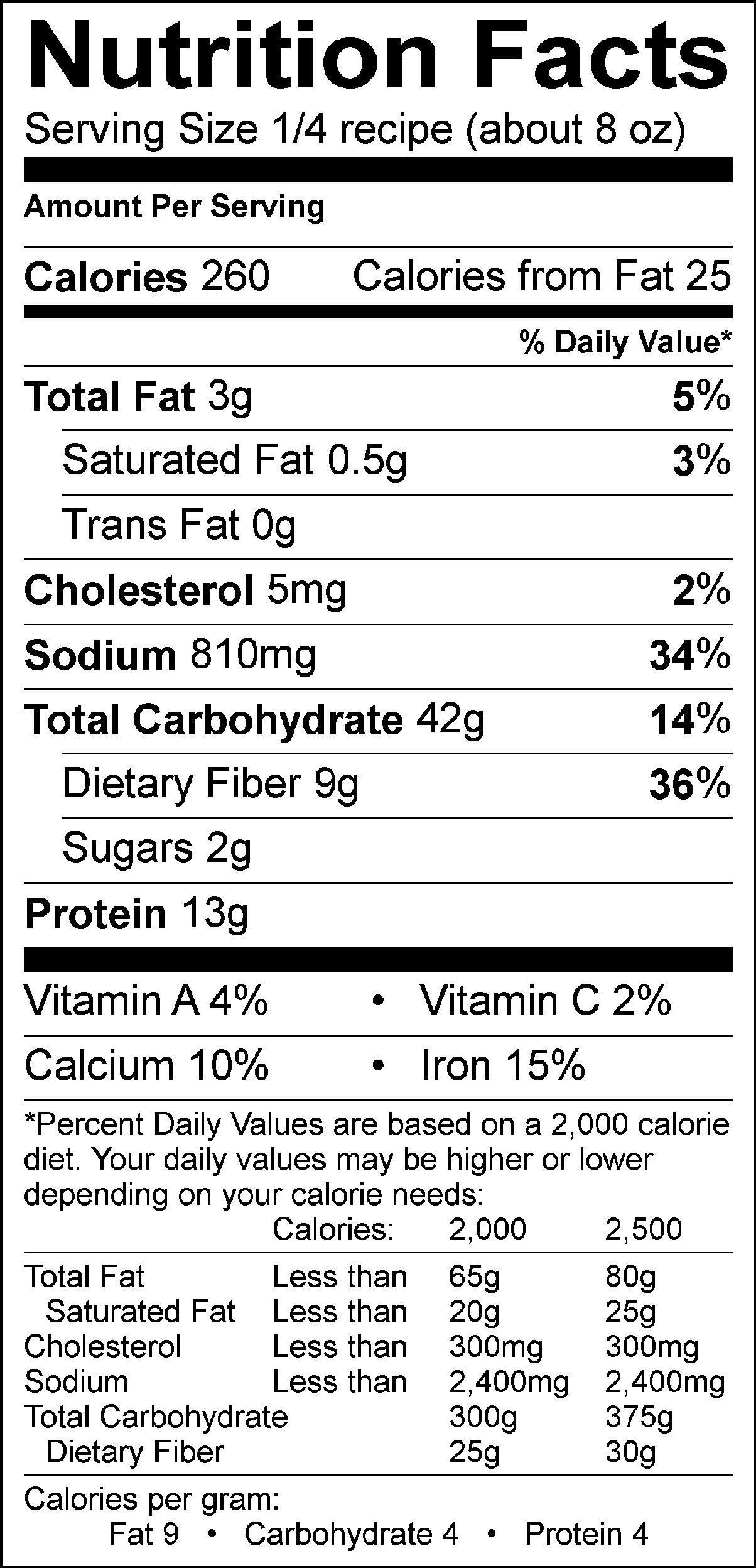


Vigo Santa Fe Beans and Rice:



# Southwest Rice and Beans



Southwest Beans and Rice with lowfat cheese: 

### **Ingredients:**

* 1 cup water
* 1 cup instant brown rice
* 2 cups canned [black beans](http://onceamonthmom.com/sliced-diced-black-beans/), drained (1 15oz can)
* 1 cup canned [corn](http://onceamonthmom.com/how-to-freeze-corn/), drained (1/2 15oz can)
* 1/2 cup salsa
* 1 teaspoon cumin
* 1/2 cup shredded cheese

### **Directions:**

Preheat oven to 350 degrees.

Bring water to a boil.

Stir in rice; Return to boil.  Reduce heat to low; cover and simmer 5 MINUTES.

Remove from heat and stir; cover.  LET stand 5 MINUTES or until water is absorbed.  Fluff with fork.

In a bowl, mix rice, beans, corn, salsa, and cumin.

Spoon into a greased baking dish and sprinkle with cheese.

Bake at 350 for 15 minutes or until cheese is melted and casserole is warmed through.

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