



Microwave Vegetarian Paella

Yield: 2 servings

Ingredients

- 1 pkg. Of Knorr Spanish rice
- 2 1/2 cups of water (use canned veg. juice)
- ½ Can of black beans
- ½ can of pinto beans
- ½ Can of corn
- ½ Can of peas
- ½ Can of carrots
- ½ a bag of frozen pepper stir fry vegetables
- ¼ a bag of frozen okra
- ½ can of diced tomatoes
- 1 TBSP of olive oil
- Pinch of black pepper
- Pinch of garlic powder
- Pinch of paprika
- Pita chips (optional)

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Tools and Equipment

- 3 microwave safe bowls
- Measuring spoons
- Can opener
- Measuring cup (liquid)
- Glass/cup

Directions

- 1.) Open and drain all of your canned vegetables, reserve the drained liquid. Rinse canned vegetables in cool water to remove additional sodium.
- 2.) In a small microwave safe bowl, combine canned veggies, beans, and diced tomatoes.
- 3.) In another microwave safe bowl, add your rice packaging, liquid from drained vegetables, water and olive oil. Place in the microwave and cook for 12 minutes or until rice is fork tender.
- 4.) Once rice is cooked, place frozen vegetables (stir fry and okra) in a microwavable safe bowl, cook for 7 minutes, stirring occasionally. Once done, drain liquid.
- 5.) Place cooked peppers with rice.

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Directions

- 6.) Cook canned vegetables in the microwave, just until warm and then combine into rice mixture
- 7.) Season to taste, eat with pita chips or crunch on top of rice for some texture.