

Mushroom, Bean & Vegetable Rice

Ingredients & Cost

Prices are from Aldi & Tesco Supermarkets

- Red kidney beans - £0.30 (can of red kidney beans in water from Aldi)
- Long grain rice - £0.45 (1kg of long grain rice from Aldi)
- Tinned mushrooms - £0.90 (tinned mushrooms from Tesco)
- Tinned mixed vegetables - £0.40 (tinned mixed vegetables in water from Tesco)

The total cost of all of the ingredients was only £2.05. This is enough for around 2 or 3 servings, depending on the quantity of vegetables, beans and mushrooms desired, making the possible cost per serving only £0.68.

Kidney beans and mushrooms are great sources of both protein and fibre. The mixed vegetables (carrot, turnip, peas and green beans) are also high in fibre, vitamins and minerals and will count to your 5-a-day. Rice is also enriched with many vitamins and provides carbohydrates to help fuel your body throughout the day

Timing:

This recipe takes 20-25 minutes to make.

Equipment

- Fork
- 2 bowls
- Ziplock bag
- Lid
- Kettle

Method

1. Pour your desired quantity of rice into a bowl and boil the kettle
2. Add boiling water to the bowl, so that there is double the amount of water in the bowl compared to the rice
3. Cover the bowl with a makeshift lid and leave for 7 minutes
4. Pour 1/3 to 1/2 of the each of the tinned ingredients into a Ziplock bag and mix using a fork (add seasoning if you desire)
5. Carefully place the Ziplock bag in a separate bowl full of boiling water, making sure the ingredients in the bag are submerged.
6. After 7 minutes of the rice sitting in the water, pour out that water and replace it carefully with more boiling water.
7. Leave this for another 7 minutes and repeat once more.
8. After around 20 minutes in total of the rice sitting in water, pour the water out and serve the rice.
9. Carefully remove the Ziplock bag from the other bowl and add the mixture on top of the rice.

