



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Ham and Brown Rice



Serves: 6

Serving Size: 1 ½ cups

Ingredients:

- 1¾ cup water
- 1 low-sodium bouillon cube, chicken flavored
- 2½ cups canned ham
- ⅛ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- 1½ cups uncooked instant brown rice
- 1 can (15 ounces) peas, drained and rinsed
- 2 Tablespoons grated cheese (optional)

Directions:

1. Wash hands.
2. In a skillet, combine water, bouillon cube, ham and garlic. Heat to boiling.
3. Stir in rice and black pepper. Reduce heat to a simmer, cover and cook for 10 minutes.
4. Uncover; add peas and cook about 4 minutes more until rice is tender and peas are hot.
5. If desired, sprinkle grated cheese on top. Serve.

Recipe Information from Iowa State University Extension *Healthy and Homemade Calendar*

Nutrition Facts

6 servings per recipe

Serving size 1 ½ cups (221g)

Amount Per Serving

Calories **210**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 1030mg **45%**

Total Carbohydrate 25g **9%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 16g **32%**

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 1.8mg **10%**

Potassium 0mg **0%**

Vitamin A **10%**

Vitamin C **10%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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