



Total Time
35 MIN.

Serving & Size
1 SERVING (#8 SCOOP, 1/2 CUP)

Difficulty
EASY

Yields
40

A traditional Cajun and Creole dish made from white rice which gets a "dirty" color from being cooked with V8® Low Sodium Vegetable Juice, green bell pepper, onion, black beans, red kidney beans, and Cajun Spices.

Nutrition Facts

Serving Size	1 SERVING (#8 SCOOP, 1/2 CUP)	
Amount Per Serving		
Calories	112	
		% Daily Value
Total Fat	1.3g	2%
Saturated Fat	0.2g	1%
Cholesterol	0mg	0%
Sodium	68mg	3%
Total Carbohydrate	21.3g	7%
Dietary Fiber	2.1g	8%
Protein	3.1g	6%
Vitamin A	3%	Vitamin C 23%
Calcium	2%	Iron 6%

INGREDIENTS

WEIGHT

MEASURE

extra virgin olive oil		3 tbsp.
onion, diced	1 lb.	2 333/1000 cups
green pepper, diced	1 lb.	3 1/2 cups
parboiled long-grain white rice	26 oz.	4 1/2 cups
Cajun seasoning		3 1/2 tbsp.
garlic powder		1 tbsp.
Low Sodium V8® Vegetable Juice , 46 oz container		1 bottles
water		9 cups
low sodium kidney beans, canned, rinsed, drained	16 oz.	2 333/1000 cups
low sodium black beans, canned, rinsed, drained	16 oz.	2 333/1000 cups
cilantro, chopped	1 oz.	13 tbsp.
garlic, peeled, minced		1 tbsp.

TIP

Dirty rice can also be made with basmati rice or brown rice.

Excellent addition to any fish, meat, or poultry dish.

Great as a vegetarian side option!



INSTRUCTIONS

1. Heat olive oil in a pot over medium high heat. Add onion, green pepper and garlic. Sauté until soft, about 5 minutes.
2. To pot, add rice. Stir to lightly toasted.
3. Add cajun seasoning and garlic salt. Cook for 2 minutes.
4. Add Low Sodium V8® Vegetable Juice and water. Stir until combined. Bring mixture to a slight boil.
5. Add beans and stir. Reduce heat to low. Cover and cook for 15 to 18 minutes, or until rice is tender. Stir to fluff the rice.
6. To garnish, sprinkle top of rice with cilantro.

CCP: Heat to a minimum internal temperature of 165°F for 1 minute.

CCP: Hold for hot service at 140°F or higher until needed.

To Serve: Using a #8 scoop, portion 1/2 cup rice onto plate. Serve immediately.