



Sardines Special

Ingredients:

2 tins sardines, 3 carrots, peeled and cut in half
1 zucchini, sliced into chunks
2 small potatoes, peeled & sliced
2 cups brown rice, uncooked



Cooking Directions

Place all ingredients large pot. Cover all with cold water. Cover and simmer on low heat about 20 minutes. Add the rice, cover and cook over low heat for an additional 30 minutes until the rice is tender and most of the liquid is absorbed.

Add fresh basil once cooked.
Let cool. Store in the refrigerator or freeze and use as required