

QUICK VEGETARIAN TENDER ROUNDS & BROWN RICE

Serves 4.

INGREDIENTS

- 3 T Extra virgin olive oil
- 2 Onions (sliced in circles)
- 1/2 C Pepper (cut in strips) (Red, Green or yellow or a combination)
- 1 Can Tomatoes (16 oz) (Diced or Stewed)
- 1/2 C Mushrooms (sliced)
- 1/2 t Sugar Substitute
- 2 T Onion Powder OR Healthy Dry Onion Soup Mix
- 1 Can Loma Linda Tender Rounds (cut each in 1/2)
- 2 T Bacos (OU supervision)
- 2 C Brown Rice



COOKING INSTRUCTIONS

- 1 Saute onion rings & pepper strips in the olive oil until vegetables are tender
- 2 Add tomatoes, mushrooms, sugar substitute & onion powder or mix stirring to blend well
- 3 Simmer covered for 5 minutes & then add Tender Rounds & simmer on a low flame for 5 minutes
- 4 Prepare the brown rice
Note: If you're in a hurry, use Success brown rice boil in bags
- 5 You can mix the brown rice into the Tender Round mix & serve
OR You can put the brown rice on a platter & pour the Tender Rounds mix over it



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