

CARROTS



HOW TO USE

Add shredded carrots to a salad; dip them in your favorite light salad dressing; sauté them and add them to a pasta sauce.

HELPS SUPPORT

Immune system, digestion, and vision.

STORAGE

Remove green tops and keep carrots in the refrigerator for up to 2 weeks.

COLORS

Orange, yellow, purple, white.

RICE WITH VEGETABLES

Servings: 4

Preparation Time: 35 minutes

INGREDIENTS

- 1 tablespoon oil
- 1 cup chopped onion
- 14 ounces low-sodium chicken broth
- 1 cup white rice
- $\frac{3}{4}$ cup chopped tomatoes
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon salt
- 1 cup chopped carrots



Photo: Champions for Change Program

INSTRUCTIONS

1. Heat oil in a medium saucepan over medium heat. Add onion and cook until soft, about 5 minutes.
2. Stir in broth, rice, $\frac{1}{2}$ cup of tomatoes, chili powder, and salt. Bring to a boil; lower heat and simmer, covered, for 25 minutes.
3. Stir in carrots and let stand for 5 minutes. Spoon the rest of the tomatoes over the top.

Adapted from the Champions for Change Program