

# Ham & Brown Rice

\*MENU IDEA: Ham & brown rice, lettuce salad, pudding

## Ingredients:


1 14-ounce can low sodium chicken broth  
2 ½ cups chopped ham  
½ teaspoon minced garlic  
1 ½ cups uncooked instant brown rice  
½ teaspoon ground black pepper  
2 cups frozen peas  
*Optional: 2 tablespoons grated Parmesan cheese*

## Directions:

1. In a skillet, combine broth, ham, and garlic. Heat to boiling.
2. Stir in rice and black pepper. Reduce heat to a simmer, cover and cook for 10 minutes.
3. Uncover, add peas and cook about 4 minutes more until rice is tender and peas are hot.
4. Sprinkle Parmesan cheese on top if desired. Serve immediately. If desired, this recipe is easy to double and freeze, so you'll have extra for a future meal.

\*To lower sodium, substitute cooked lean pork for the ham and omit the parmesan cheese.

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