**Spanish Beans and Rice with Lemon Broccoli**

**Produce**

garlic (if needed)

yellow onion (if needed)

green bell pepper (if needed)

red bell pepper (if needed)

10 oz. broccoli  
  
1 lime  
  
1 lemon

3 kiwis

**Canned/Dried Foods**

brown rice (if needed)

one 15 oz. can low sodium chunky tomatoes

one 15 oz. can black beans

Tabasco sauce (if needed)

dry basil leaves (if needed)

dry oregano leaves(if needed)

chili powder(if needed)

ground cumin (if needed)

ground cinnamon (if needed)

white pepper

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

crumbled feta *(if needed)*plain nonfat yogurt *(if needed)*1 pint fresh tomato salsa *(if no salsa at home)*