



Slow Cooker Tomato and Rice Casserole

Serves 4

Ingredients:

- 1tbsp vegetable oil
- ½ cup brown rice, uncooked
- 1 tin of chopped tomatoes
- 2tsp parsley
- 1tsp chives
- 4tbsp Parmesan cheese
- salt and pepper to taste

Method:

1. Heat the oil in a frying pan
2. Fry rice until golden brown
3. Place in the slow cooker
4. Pour in tinned tomatoes
5. Add parsley and chives
6. Season with salt and pepper and mix
7. Cover and cook on low for 6-8 hours
8. Sprinkle with parmesan cheese before serving

