

# Swiss Chard Rice and Tomato

## Ingredients:

1 bunch of Swiss Chard cut into chunks  
2 cloves garlic, minced  
1 large onion, chopped  
4 large ripe tomatoes  
2 Tbsp. Olive Oil  
1/3 cup Rice (not instant)  
A few sprigs of Parsley  
Salt & Pepper to taste

## Instructions:

- Sauté onion and garlic in Olive Oil.
- Add cut up Swiss chard, chopped tomatoes, parsley, salt and Pepper and cook until fork tender.
- Add uncooked rice and cook for 20 mins.
- May be garnished with Parmesan Cheese if desired.

**Compliments of Farms View**

<http://farmsview.com>