

Southwestern Beans and Rice

Ingredients:

15 ounces black beans, canned
 1 onion
 1 green pepper
 1 1/2 cups instant brown rice
 1 cup water
 15 ounces tomatoes, canned,
 diced
 10 ounces corn, frozen, thawed
 1/2 teaspoon parsley
 1/8 teaspoon garlic powder
 1/8 teaspoon cumin

Equipment:

Cutting board
 Knife
 Measuring cups
 Measuring spoons
 Can opener
 Colander
 Medium saucepan

Number of Servings: 9
 Prep Time: 15 minutes
 Total Time: 30 minutes

Directions

1. Open beans and pour into a colander. Rinse under cool water to remove sodium. Allow to drain. Set aside.
2. Cut the ends off of the onion, and peel off the brown layers. Chop into small pieces. Set aside.
3. Cut green pepper in half and remove the stem, seeds and membrane. Chop into small pieces. Set aside.
4. Place beans, onion, green peppers, instant rice, water, tomatoes, corn, and spices in medium size saucepan.
5. Cover, bring to a boil, then reduce to medium heat to simmer. Leave covered, about 10 minutes, until most of liquid is absorbed.
6. One pound of browned ground turkey or hamburger can be added after cooking.

TIP: Onions & peppers can be added in at the beginning and simmer with the casserole, or sautéed in olive oil separately for a fresher, crunchier texture.

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Nutrition Facts	
Serving Size: 1 cup	
Servings: 9	
Amount Per Serving	
Calories 165	Calories from Fat 9
%Daily Value*	
Total Fat 1g	1%
Saturated Fat trace 1g	1%
Cholesterol 0mg	0%
Sodium 225mg	9%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	21%
Protein 6g	11%
Vitamin A 8%	Vitamin C 36%
Iron 8%	Calcium 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

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