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

**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.

**Nutrition Facts**

- Serving Size: 1 cup
- Servings: 9
- Calories: 163
- % Daily Value*
  - Total Fat: 1g (2%)
  - Saturated Fat: 1g (6%)
  - Cholesterol: 0mg (0%)
  - Sodium: 95mg (4%)
  - Total Carbohydrate: 25g (8%)
  - Dietary Fiber: 5g (21%)
  - Sugars: 0g
  - Protein: 5g (10%)
  - Vitamin A: 8% Vitamin C: 36%
  - Calcium: 2%
  - Iron: 8%

*Percent Daily Values are based on a 2,000 calorie diet.

*SNAP - Supplemental Nutrition Assistance Program

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