Southwestern Rice & Beans

Serves 4

- 1 tablespoon oil
- 1 large onion, diced
- 1 medium green pepper, diced
- 1 cup rice, uncooked
- 2 cups water
- 1 can tomatoes, diced, no salt added
- 1 ½ cups corn (fresh, frozen or canned, no salt added)
- 1 cup salsa
- 1 cup great northern or red kidney beans, cooked

1. In a large saucepan, over medium heat, sauté onion and green pepper in oil for 5 minutes.

2. Add rice and stir until browned, about 5 minutes.

3. Add in water, tomatoes, corn, and salsa. Bring to a boil.

4. Cover and reduce heat to low. Cook for 20 minutes.

5. Stir in beans and heat for 5 minutes. Serve.

Recipe from csfpcentral.org

Nutrition information: calories 180, total fat 5g, sodium 526mg, carbohydrates 50g, dietary fiber 9g, protein 8g

Healthy Tip
Meatless meals are in! Beans and rice offer plenty of protein and fiber to satisfy hearty eaters! Serve with a salad of garden greens for a complete meal.

No salsa? No problem! Add more diced tomatoes and add spices such as cumin, cayenne, and garlic powder.