

Beans and Rice Casserole

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:

- Colander
- Can opener
- Knife
- Cutting board
- Saucepan, medium
- Spoon
- Measuring Spoons

Number of Servings: 9
 Prep Time: 10 minutes
 Total Time: 35 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. Slice the onion in to slices, and then chop up any large pieces. Set aside.
3. Wash a green pepper and cut slices and then dice the slices to create small pieces.
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 low heat to simmer. Leave covered, about 10 minutes, until most of liquid is absorbed. Rice will absorb most of the liquid.
6. Option: Onions & peppers can be added in at the beginning and simmer with the casserole, or sautéed in olive oil separately and added near the end of cooking for a fresher, crunchier texture.

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Nutrition Facts			
Serving Size: 1/2 cup			
Servings: 9			
Amount Per Serving		Calories from Fat 36	
Calories 165			
		%Daily Value*	
Total Fat 1g			1%
Saturated Fat	trace 1g		0%
Cholesterol 0mg			0%
Sodium 225mg			9%
Potassium 214mg			6%
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.

TIP: One pound of browned ground turkey or hamburger can be added after cooking. Leftovers are good on a corn tortilla with a little cheese and salsa.

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