RECIPE

Easy Red Beans and Rice

This flavorful dish is traditionally eaten on Monday nights in many homes and uses dry beans, onion, pepper, and spices.

Makes: 8 servings

Prep Time: 15 minutes
Cook Time: 15 minutes

Source: choosemyplate.gov recipes - easy red beans and rice

Ingredients

- cooking oil spray, as needed (non-stick)
- 1 onion (medium, peeled and chopped)
- 1 green bell pepper (medium, washed, seeded and chopped)
- 1 teaspoon garlic powder
- 2 cans diced tomatoes (14.5 ounces each)
- 1 can kidney beans (15.5 ounces, drained and rinsed)
- 6 cups cooked brown rice

Directions

1. Spray skillet with cooking oil spray.
2. Cook onion and pepper over medium heat for 5 minutes or until tender.
3. Add garlic powder, tomatoes, and kidney beans.
4. Bring mixture to a boil.
5. Reduce heat to low and simmer for 5 minutes.
6. Serve over rice.

Utensils Needed

- Skillet
- Mixing Spoon
- Colander
- Knife
- Cutting Board
- Measuring Spoons
- Measuring Cups

Small Changes, BIG Difference!

Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	232
Total Fat:	2 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	127 mg
Total Carbohydrates:	47 g
Dietary Fiber:	8 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	8 g
Vitamin D	0 mcg
Calcium	64 mg
Iron	2 mg
Potassium	453 mg

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