

MEXICAN RICE AND BEANS

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 3/4 cup)

Nutrition (per serving)

Calories: 175

Total Fat: 5 g

Saturated Fat: 2 g

Sodium: 243 mg

Total Carbohydrate: 25 g

Dietary Fiber: 5 g

Protein: 9 g



Ingredients

- 1 teaspoon canola oil
- 3/4 cup diced green pepper
- 1/2 cup diced onion
- 2 cups cooked brown rice
- 1 - 15 ounce can no salt added red kidney beans
- 1 - 14.5 ounce can no salt added diced tomatoes
- 1/2 Tablespoon minced garlic
- 1 Tablespoon chili powder
- 1/2 Tablespoon ground cumin
- 1/4 teaspoon turmeric
- 1/2 teaspoon salt
- 3/4 cup light shredded cheese
- 1/2 cup light sour cream



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Directions

1. In a medium skillet on medium-high heat, sauté peppers and onions in olive oil for 3-5 minutes.
2. Add rice, beans, tomatoes, garlic and spices. Turn heat down to medium, cover and cook for 5 minutes.
3. Serve with light cheese and sour cream.