

Easy Red Beans and Rice

Makes: 8 servings

Ingredients

- cooking oil spray, as needed (non-stick)
- 1** onion (large, peeled and chopped)
- 1** green bell pepper (medium, washed, seeded and chopped)
- 1 teaspoon** garlic powder
- 2 cans** diced tomatoes (14.5 ounces)
- 1 can** kidney beans (15.5 oz, 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.

Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	253	
Total Fat	2 g	3%
Protein	8 g	
Carbohydrates	50 g	17%
Dietary Fiber	7 g	28%
Saturated Fat	0 g	0%
Sodium	250 mg	10%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	1 1/2 ounces