

Red Beans and Rice

— Makes 8, 1 cup servings | Prep Time: 10 minutes | Cook Time: 25 minutes | Total Time: 35 minutes —

Ingredients

- 1/4 cup diced green peppers
- 1/4 cup diced onion
- 2 cans (14.5 oz) red beans
- 1 can (14.5 oz) diced tomatoes
- 1 can (8 oz) tomato sauce
- 1 1/2 cups brown rice
- 1/2 cup water
- 1 tablespoon Cajun seasoning
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder

Directions

- Thoroughly rinse and drain beans with water
- Sauté green peppers and onions in olive oil until brown
- Combine all ingredients together
- Simmer on stove for 20-25 minutes

Tips

- To save time, look for diced peppers and onions in the freezer section.
- Try substituting quinoa instead of brown rice for added protein and fiber.
- To reduce sodium, use no added salt canned beans or dried beans.
- If red beans aren't available, try using pinto beans.

Nutrition

268 calories | 1 g fat | 457 mg sodium | 50 g carbohydrate | 12 g fiber | 15 g protein



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