

Southern Rice and Beans

Serves 6

Ingredients:

- 1 cup Light red kidney beans (cooked)
- 1 tablespoon vegetable oil
- 1 large onion (chopped)
- 1 cup medium green pepper (about 1 cup, chopped)
- 1 cup rice (uncooked)
- 2 cups water
- 1 15-ounce can low-sodium tomatoes (drained)
- 1 can corn (drained, about 15 ounces)
- 1 cup of salsa (about half a jar)



Directions:

1. In a large saucepan, cook onion and green pepper in oil for 5 minutes over medium heat.
2. Add rice and stir until browned, about 5 minutes.
3. Add water, tomatoes, corn, and salsa. Bring to a boil.
4. Cover and reduce heat to low. Cook for 20 minutes.
5. Stir in beans and heat for 5 minutes.

Source: USDA Mixing Bowl, What's Cooking?

Nutrition Facts	
6 servings per container	
Serving size	1 cup (375g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 52g	19%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 2mg	10%
Potassium 455mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

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