

Super Quick Beans and Rice

4 servings

Tomatoes are a good source of vitamin A and are also high in vitamin C and lycopene. Store uncut tomatoes at room temperature for best taste.



- 1 (14.5 ounce) can Mexican stewed tomatoes
- 2 Tablespoons taco seasoning
- 1 ½ cups brown rice, cooked
- 1 (15 ounce) can black beans, drained and rinsed

1. Wash hands with soap and water.
2. In a medium pot, add tomatoes, taco seasoning, and cooked rice. Mix well.
3. Add black beans to pot and stir.
4. Heat mixture over medium heat for 10 to 15 minutes. Stir every few minutes.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving: (1/4 of recipe) Calories 190, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 1110mg, Total Carbohydrates 44g, Dietary Fiber 8g, Sugars 7g, Protein 7g, Vitamin A 15%, Vitamin C 15%, Calcium 6%, Iron 15%.