

Red Beans and Rice

Ingredients

- 1 Tbsp olive oil
- 1 C onion, cut into half-inch pieces
- 1 C green bell pepper, rinsed and diced
- 1 Tbsp garlic, minced or pressed (about 2–3 cloves)
- 1 1/2 tsp ground cumin
- 1 1/2 tsp dried oregano
- 1 can (14 1/2 oz) low-sodium chicken broth or vegetable broth
- 1/2 C instant brown rice, uncooked
- 2 cans (15 oz each) low-sodium red kidney beans, drained and rinsed

Directions:

Heat oil in a 12-inch sauté pan over medium heat. Cook onion, stirring occasionally, for 5 minutes, until pieces begin to soften, but not brown. Meanwhile, dice green pepper into pieces about quarter-inch in size. Tip: Slice pepper lengthwise into quarter-inch strips. Holding the strips together, cut crosswise in quarter-inch pieces. Add green pepper to cooking onion. Cover. Cook for 5 minutes, stirring occasionally. While the green pepper and onion cook, mince the garlic. Add garlic, cumin, and oregano to the sauté pan. Cook and stir for 1 minute. Add broth and rice to sauté pan with green pepper and onion. Stir well, cover, and simmer for 10 minutes. Meanwhile, drain beans and rinse thoroughly. Add beans to sauté pan. Stir well. Cover. Simmer for 5 minutes to heat beans and blend flavors.

Reference:

National Heart, Lung, and Blood Institute. Keep the Beat: Deliciously Healthy Eating. Available at: <http://hp2010.nhlbihin.net/healthyeating/Default.aspx>. Accessed 2/10/10.

Number of Servings: 4	
Serving Size: 2 cups	
Each serving provides:	
Calories:	344
Total Fat:	5g
Saturated Fat:	1g
Cholesterol:	2mg
Sodium	331mg
Total Carbohydrates:	57g
Total Fiber:	9g
Protein:	18g