VEGETARIAN RED BEANS AND RICE

Time: 30 minutes / Servings: 8

INGREDIENTS

- ½ yellow onion, diced
- 1 bell pepper, diced
- 2 (15oz) cans kidney beans – reduced sodium, drained
- 1 (15oz) can diced tomatoes – no-salt-added, undrained
- 1 (15oz) can tomato sauce – no-salt-added
- ½ cup water
- ½ Tbsp cayenne pepper
- 1 tsp dried Italian seasoning
- ¼ tsp garlic powder
- 1 ½ cups instant brown rice, uncooked

DIRECTIONS

1. Spray sauce pan with cooking spray; heat over medium high heat. Add diced onion and bell pepper; cook 2-3 minutes until vegetable softened.
2. Add beans, undrained tomatoes, tomato sauce, water, cayenne, Italian seasoning, and garlic powder. Stir to combine.
3. Stir in rice; bring mixture to a boil. Reduce heat; cover and cook for 15 minutes or until rice is tender. Let stand for 5 minutes before serving.

NUTRITION FACTS (PER SERVING):

- Calories: 156
- Total Fat: 1g
- Saturated Fat: 0g
- Sodium: 469mg
- Potassium: 632mg
- Carbohydrates: 33g
- Fiber: 7g
- Protein: 8g
- Vitamin A: 12%
- Vitamin C: 61%
- Calcium: 5%
- Iron: 15%