

Cooking with the DIETITIANS

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%

Recipe adapted from: <http://www.hunts.com/recipes-Vegetarian-Red-Beans-and-Rice-6931>

A collaboration with USF Dining