

Black Beans and Rice

Makes: 4 Servings

This recipe features canned, low-sodium black beans. Serve black beans heated, without adding salt, or use in casseroles, soups, or baked bean dishes.

Ingredients

1 teaspoon vegetable oil
1 tablespoon garlic (finely chopped)
1 cup onion (chopped)
1 cup green pepper (diced)
2 cans low-sodium black beans
2 cups low-sodium chicken broth
1 tablespoon vinegar
1/2 teaspoon oregano
3 cups cooked rice
black pepper to taste

Directions

1. In a large skillet, heat oil and cook garlic, onions, and green peppers for about 3 minutes.
2. Stir in the beans, broth, vinegar, and seasonings and boil.
3. Reduce heat and cover. Cook on low heat for 5 minutes.
4. Spoon over cooked rice and serve.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	3 g	
Protein	5 g	
Carbohydrates	38 g	
Dietary Fiber	5 g	
Saturated Fat	NA	
Sodium	180 mg	