



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 $\frac{1}{2}$ 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 D 0%, Calcium 6%, Iron 15%, Potassium 16%.

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