

Caribbean Casserole

Yield: 10 servings

INGREDIENTS

- 1 medium onion, chopped
- 1/2 green pepper, diced
- 1 tablespoon canola oil
- 1 can (14.5 ounces) stewed tomatoes
- 1 teaspoon oregano leaves
- 1/2 teaspoon garlic powder
- 1 1/2 cups instant brown rice, uncooked
- 1 can (16 ounces) black beans, undrained (or beans of your choice)

INSTRUCTIONS

1. In a large pan, heat oil over medium heat.
2. Add onion and green pepper in canola oil, in a large pan, and cook until tender.
3. Add tomatoes, beans (include liquid from both), oregano and garlic powder.
4. Bring to a boil. Stir in rice and cover.
5. Reduce heat to low and cook for 5 minutes.
6. Remove from heat and let stand for 5 minutes before serving.

NOTES

Serving Size: 1 cup

Nutrition Facts per Serving:

Calories 100

Total fat 2g

Saturated fat 0g

Sodium 280mg

Protein 4g

Source: SNAP-Ed Connection