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