Southern Rice And Beans (Makes 6 servings.)

Ingredients

• 1 c. light red kidney beans, cooked
• 1 Tbsp. vegetable oil
• 1 large onion, chopped
• 1 medium green pepper, chopped
• 1 c. rice, uncooked
• 2 c. water
• 1 3/4 c. fresh tomatoes, chopped
• 1 can (15-oz.) corn, drained
• 1/2 jar (8-oz.) salsa

Directions:

1. In a large saucepan, cook onion and green pepper in oil for 5 minutes over medium heat.
2. Add rice and stir until browned, about 5 minutes.
3. Add water, tomatoes, corn, and salsa. Bring to a boil.
4. Cover and reduce heat to low. Cook for 20 minutes.
5. Stir in beans and heat for 5 minutes.

Nutrition info: Serving size: 1 cup, Calories: 256, Total Fat: 3.4 g, Saturated Fat: 0.5 g, Cholesterol: 0 mg, Sodium: 473 mg, Total Carbohydrate: 51 g, Dietary Fiber: 6.5 g, Sugars 6.5 g, Protein 8 g. Recipe provided by Commodity Supplemental Food Program Cookbook.