

Easy Red Beans and Rice

This flavorful dish is traditionally eaten on Monday nights in many homes and uses dry beans, onion, pepper, and spices.

Makes: 8 servings

Prep Time: 15 minutes
Cook Time: 15 minutes

Source: choosemyplate.gov recipes - easy red beans and rice

Ingredients

- cooking oil spray, as needed (non-stick)
- 1 onion (medium, peeled and chopped)
- 1 green bell pepper (medium, washed, seeded and chopped)
- 1 teaspoon garlic powder
- 2 cans diced tomatoes (14.5 ounces each)
- 1 can kidney beans (15.5 ounces, drained and rinsed)
- 6 cups cooked brown rice

Directions

1. Spray skillet with cooking oil spray.
2. Cook onion and pepper over medium heat for 5 minutes or until tender.
3. Add garlic powder, tomatoes, and kidney beans.
4. Bring mixture to a boil.
5. Reduce heat to low and simmer for 5 minutes.
6. Serve over rice.

Utensils Needed

- Skillet
- Cutting Board
- Mixing Spoon
- Measuring Spoons
- Colander
- Measuring Cups
- Knife



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	232
Total Fat:	2 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	127 mg
Total Carbohydrates:	47 g
Dietary Fiber:	8 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	8 g
Vitamin D	0 mcg
Calcium	64 mg
Iron	2 mg
Potassium	453 mg

SHOPPING LIST

Average total cost without oil and seasonings: \$4.48

Average cost/serving: \$.56

Makes: 8 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Canned Kidney Beans 15.5 oz



Add 1 to Cart
Fresh Bell Pepper



Add 1 to Cart
Instant Brown Rice 14 oz



Add 1 to Cart
Fresh Onion



Add 2 to Cart
Canned Diced Tomatoes 14.5 oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage and Leftover Tips

- The extra cooked rice can be stored in the refrigerator for up to 7 days.
- The rice can be used for a soup or even rice pudding!
- Looking for other recipes to use the rice? Go to snapedny.org, there you will find a Black Bean Burger Recipe, and a Taco Rice Salad Recipe!