

Bean and Rice Botana

Botana means “appetizer.” But this dish is so much more! It makes a great meal when paired with a salad. And, it’s delicious wrapped up in a tortilla.

Makes: 8 Servings

Source: SNAP4CT
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Ingredients

- 2 cups cooked brown rice
- 3 small onions, diced
- 1 medium green bell pepper, diced
- 1 small clove garlic, chopped finely
- ½ cup low fat Monterey Jack cheese, shredded
- 2 cans (15 oz each) pinto or black beans, drained and rinsed
- 2 Tbs canola oil
- 1 can (15 oz) tomatoes, no salt added, diced or crushed
- 1 Tbs chili powder
- 1 tsp cumin
- 1 tsp dried oregano
- ½ tsp cayenne pepper (spices are optional, but they will enhance flavor)

Utensils Needed

- Oven
- Cutting knife
- Measuring cups and spoons
- Stove
- Stirring spoon
- 9x9 or 9x13 baking dish
- Serving plates, forks and knives



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	220
Total Fat:	6 g
Saturated Fat:	1.5 g
Sodium:	240 mg
Total Carbohydrates:	33 g
Dietary Fiber:	3 g
Protein	9 g

Directions

1. Preheat oven to 350°F. Add oil to a pan and set it at medium heat on the stove.
2. Add onions, garlic, and bell pepper. Cook, stirring frequently, until veggies are soft and just starting to brown.
3. Add spices, beans, and canned tomatoes with juices. Simmer mixture on low until thickened, about 15 minutes.
4. Spray a 9×9 or 9×13 inch baking dish with cooking spray and spread cooked rice on the bottom.
5. Cover rice with bean and vegetable mixture and sprinkle cheese on top.
6. Bake for 5-10 minutes until cheese is melted and botana is warmed all the way through.