



Issue # 555

May 5, 2015

Cinco de Mayo Menu

This vegetarian entrée features hearty brown rice and colorful bell peppers, corn, tomatoes and black beans. Unlike white rice, brown rice retains its outer layer of bran and its germ. This results in more fiber and nutritional value. Beans are also full of fiber, potassium, folate and iron. Cumin, turmeric and chilies add a depth of unique flavor to this classic pairing.

South of the Border Beans and Rice

- 1 Tbsp. extra virgin olive oil
- 1 medium green bell pepper, seeded and chopped
- 1 medium red bell pepper, seeded and chopped
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 16 oz. reduced-sodium vegetable broth
- 1 cup uncooked brown rice
- 1/2 tsp. cumin
- 1/8 tsp. turmeric
- 1 can (15 oz.) black beans, drained and rinsed (or use no salt added)
- 12 oz. corn kernels, no salt added canned, or frozen, thawed
- 1 can (4 oz.) mild green chiles, diced
- 1 can (14 oz.) diced tomatoes, drained
- Salt and freshly ground black pepper to taste

In medium pot, heat oil over medium high heat. Add peppers, onion and garlic and sauté for about 4 minutes.

Stir in broth, rice, cumin and turmeric. Bring to boil. Reduce heat, cover and simmer for 45-50 minute or until rice is tender (do not stir during this time). Then gently stir in beans, corn, chiles and tomatoes. Heat through and let stand 5 minutes. Season to taste with salt and pepper and serve.

Makes 8 servings.

Per serving: 220 calories, 3 g total fat (0 g saturated fat), 42 g carbohydrate, 7 g protein, 6 g dietary fiber, 70 mg sodium.

