



Caribbean casserole

As a vegetarian main dish or healthy side, this tropical-inspired dish is gently spiced for a rich flavor.

Ingredients:

- 1 medium onion, chopped
- ½ green bell pepper, rinsed and diced
- 1 Tbsp canola oil
- 1 can (14½ oz.) stewed tomatoes
- 1 can (15½ oz.) low-sodium black beans (or beans of your choice), drained and rinsed
- 1 tsp dried oregano
- ½ tsp garlic powder
- 1½ C instant brown rice, uncooked

Directions

1. Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes and beans (including liquid from both), as well as oregano and garlic powder. Bring to a boil.
3. Stir in rice and cover. Reduce heat to simmer for 5 minutes. Remove from heat, and let stand for 5 minutes before serving.

Yield: 10 Servings. Serving size: 1 cup casserole

Each serving provides:

Calories: 185	Total fat: 1 g
Saturated fat: 0 g	Cholesterol: 0 mg
Sodium: 297 mg	Total fiber: 7 g
Protein: 7 g	Carbohydrates: 37 g
Potassium: 292 mg	

