



# Tasty Rice & Beans



## Ingredients



- 1 cup cooked beans
- 1 cup cooked brown rice
- 1/4 cup diced pepper (any color)
- 1/4 cup diced onion
- 1 clove garlic, minced
- 2 tbsp extra virgin olive oil
- Seasonings of choice (eg 1 tbsp chili powder and 1 tsp cumin)
- Salt and pepper to taste



## Directions



1. In a pan, combine the olive oil, pepper, onion, garlic, and seasonings and sauté
2. Add beans and rice and toss together
3. Serve while warm



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# Fast Facts



This Recipe Provides



Protein



Fiber



Low Fat

Cooking Tips



- Chicken or ground beef are a great addition to this meal
- Use this as a base for tacos or burritos, then top with a variety of veggies, such as lettuce, tomatoes, and mushrooms
- Add any veggies you have on hand as well

Nutrition Facts



## Nutrition Facts

Serving Size (97g)  
Servings Per Container 4

Amount Per Serving		Calories from Fat 80	
		% Daily Value*	
<b>Calories</b>	260		
<b>Total Fat</b>	8.8g	<b>14%</b>	
Saturated Fat	1.4g	<b>7%</b>	
Trans Fat	0g		
<b>Cholesterol</b>	-1mg	<b>0%</b>	
<b>Potassium</b>	281mg	<b>8%</b>	
<b>Sodium</b>	607mg	<b>25%</b>	
<b>Total Carbohydrate</b>	42.2g	<b>14%</b>	
Dietary Fiber	4.2g	<b>17%</b>	
Sugars	0.9g		
<b>Protein</b>	4.8g	<b>10%</b>	
Vitamin A	15%	•	Vitamin C 12%
Calcium	5%	•	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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