

Caribbean Casserole

From Heart Healthy Home Cooking African American Style
<http://www.nhlbi.nih.gov/files/docs/public/heart/cooking.pdf>

Ingredients

- 1 medium onion, chopped
- ½ green pepper, diced
- 1 tablespoon canola oil
- 1 14½-ounce can stewed tomatoes
- 1 16-ounce can black beans (or beans of your choice)
- 1 teaspoon oregano leaves
- ½ teaspoon garlic powder
- 1½ cups instant brown rice, uncooked

Instructions

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

Makes 10 servings

Nutrition information per 1 cup serving

Calories: 185	Dietary Fiber: 7 g
Total Fat: 1 g	Sodium: 297 mg
Saturated Fat: 0 g	Protein: 7 g
Cholesterol: 0 mg	Carbohydrates: 37 g
Potassium: 292 mg	

