

Red Beans and Rice

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/%28S%28hmja2aj2vppd0y5530m3ayjn%29%29/recipe/detail.aspx?linkId=0&cId=6&rId=45>

Ingredients

- 1 Tbsp olive oil
- 1 C onion, cut into ½-inch pieces
- 1 C green bell pepper, rinsed and diced
- 1 Tbsp garlic, minced or pressed (about 2–3 cloves)
- 1½ tsp ground cumin
- 1½ tsp dried oregano
- 1 can (14½ oz) low-sodium chicken broth or vegetable broth
- ½ C instant brown rice, uncooked
- 2 cans (15 oz each) low-sodium red kidney beans, drained and rinsed

Instructions

1. Heat oil in a 12-inch sauté pan over medium heat. Cook onion, stirring occasionally, for 5 minutes, until pieces begin to soften, but not brown.
2. Meanwhile, dice green pepper into pieces about ¼ inch in size. Tip: Slice pepper lengthwise into ¼-inch strips. Holding the strips together, cut crosswise in ¼-inch pieces. Add green pepper to cooking onion. Cover. Cook for 5 minutes, stirring occasionally.
3. While the green pepper and onion cook, mince the garlic. Add garlic, cumin, and oregano to the sauté pan. Cook and stir for 1 minute.
4. Add broth and rice to sauté pan with green pepper and onion. Stir well, cover, and simmer for 10 minutes.
5. Meanwhile, drain beans and rinse thoroughly.
6. Add beans to sauté pan. Stir well. Cover. Simmer for 5 minutes to heat beans and blend flavors.

Makes 4 servings

Nutrition information per serving

Calories: 344	Total Fiber: 9g
Total Fat: 4g	Sodium: 331mg
Saturated Fat: 1g	Protein: 18g
Cholesterol: 2mg	Carbohydrates: 57g