



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Red Beans and Rice

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

Directions

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. 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 the 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.

Serves 4

344 calories, 5 g fat, 1 g saturated fat, 57 g carbohydrate, 9 g fiber, 18 g protein, 331 mg sodium

Source: National Heart, Lung, and Blood Institute

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