

Caribbean Casserole

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Caribbean Casserole	0.5	0	1.0	1.0	297
TOTAL:	0.5	0	1.0	1.0	297

Serves: 10

1 Serving = about 1/2 cup

Ingredients

- 1 medium onion, chopped
- 1/2 green pepper, diced
- 1 tablespoon canola oil
- 1 14 1/2 -ounce can stewed tomatoes
- 1 16-ounce can black beans (or beans of your choice)
- 1 teaspoon oregano leaves
- 1/2 teaspoon garlic powder
- 1 1/2 cups instant brown rice, uncooked

Directions

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