Spanish Rice and Beans

Ingredients (makes 4 servings):

1 cup white rice, uncooked, rinsed well
1 cup onion, chopped
1½ cups water or low-sodium chicken or vegetable broth
½ cup tomato sauce, unsalted
1½ tsp paprika
1 tsp cumin
½tsp garlic powder
¼ tsp cayenne pepper
15 ounces canned pinto beans, rinsed and drained

Instructions:

1. Heat oil in a large non-stick skillet set over medium heat.
2. Add the rice and onion. Toast for 3 to 4 minutes, stirring frequently, until the rice is golden and the onion is tender.
3. Add in the broth, tomato sauce, and spices and bring the mixture to a low boil.
4. Reduce the heat to low, cover, and simmer for 15-20 minutes, or until the rice absorbs the liquid and is fluffy. Do not remove the lid or stir while cooking.
5. Remove pan from heat. Remove the lid and taste. Adjust the seasonings as desired.
6. Stir in the beans and cover. Allow to sit for an additional 5 minutes, until warmed through.

Cooking Tip: Use the low-sodium options of broth and tomato sauce. Spices will provide the flavor.

Nutrition Fact: Rinse the beans to reduce the sodium.

Substitutions: Black beans or red beans will work too.

Nutrition Facts

Servings: 1 Calories: 278 Sodium: 140mg Fat: 1g Saturated Fat: 0g
Protein: 8.5g Sugar: 3g Carbs: 55.5g

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