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Bean, Rice, and Corn Skillet Dinner

Ingredients:

- 1 onion, chopped
- 2 garlic cloves, minced
- ½ green pepper, chopped (optional)
- 1 Tablespoon olive oil
- 1 (14½ -ounce) can black beans
- 1 (11-ounce) can nibblet corn
- ½ cup minute brown rice (uncooked)
- ½ cup water
- 1 (14½ -ounce) can diced tomatoes
- 1 teaspoon cumin
- 2 teaspoon chili powder
- ½ to 1 teaspoon cilantro

Makes 8 servings - 16% calories from fat

Instructions:

1. In a large skillet on medium heat, brown onion, garlic and peppers in olive oil.
2. Add remaining ingredients.
3. Simmer for 20 minutes.

Note:

- This versatile recipe can be served as a main dish, with tortilla shells, with baked tortilla chips, or on top of a salad.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 5g	
Vitamin A 10%	Vitamin C 35%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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