Dinner Tonight!
Quick Mexican Brown Rice

1 cup raw brown rice
16 ounce jar salsa
15 ounce can black beans (no salt added)
16 ounces frozen corn
14.5 ounce can diced tomatoes (no salt added)
1 teaspoon ground cumin
12 ounces water

Mix all ingredients together and add to a 13x9 inch baking dish. Cover tightly with foil and bake at 375° for approximately one hour and fifteen minutes or until rice is fully cooked and the mixture thickens.

Preparation Time: 15 minutes
Cook Time: 1.25 hours
Serves: 8

Nutrition facts per serving:
Calories: 203.1
Total Fat: 1.2 g
Cholesterol: 0 mg
Sodium: 182.6 mg
Total Carbohydrate:42.5 g
Protein: 6.5 g
Fiber: 4.1 g