Dinner Tonight!

Comforting Black Bean Skillet

1 Tablespoon olive oil    3/4 cup water
1 cup diced green bell pepper              1 cup instant brown rice
2 cups quartered zucchini                   1/2 cup shredded low-fat mozzarella cheese
2 teaspoons cumin     
1 teaspoon chili powder
1 – 14.5 ounce can roasted tomatoes, un-drained
1 – 14.5 ounce can black beans, rinsed & drained

Heat oil in large skillet over medium heat. Add zucchini and bell pepper; cook 5 minutes, stirring occasionally. Add cumin, chili powder, un-drained tomatoes, beans, and water. Increase heat and bring to a boil.

Add rice and cheese; stir well. Reduce heat and cover for 7 minutes or until liquid is absorbed.

Preparation Time: 30 minutes
Serves: 4
Cost Per Serving: $2.00

Nutrition facts per serving
Calories: 310
Total Fat: 6
Cholesterol: 4 mg
Sodium: 66 mg
Total Carbohydrate: 52 g
Fiber: 12 g
Protein: 14 g

Serve with: Side salad and apple wedges