Dinner Tonight!

Caribbean Casserole

1 medium onion, chopped
½ green pepper, diced
1 Tablespoon vegetable oil
1 – 14.5 ounce can stewed tomatoes
1 – 16 ounce can black beans
1 teaspoon oregano leaves
½ teaspoon garlic powder
1 ½ cups instant brown rice, uncooked

Wash and chop all vegetables, then combine in a mixing bowl. Cook onion and green pepper in vegetable oil, in a large pan, until tender about 3 minutes. Do not brown. Add tomatoes, beans (include liquid from can), oregano, and garlic powder. Bring mixture to a boil. Stir in rice and cover. Cook on low for 5 minutes. Remove from heat and let stand for 5 minutes.

Preparation Time: 15 minutes
Cook Time: 20 minutes
Serves: 10
Cost Per Serving: $0.29

Nutrition facts per serving
Calories: 170
Total Fat: 2.5 g
Cholesterol: 0 mg
Sodium: 190 mg
Total Carbohydrate: 32 g
Protein: 5 g