

Spanish Red Beans & Rice

Hands-on - 10 min. Oven/Exercise - 55 min. Serves 6

Every household needs a Spanish red beans and rice dish! Feel free to make this with black beans if you prefer.

Menu

Spanish Red Beans & Rice
Tossed Salad
Pears

Preheat oven to 350°.

- 1 can (15 oz) red, kidney or black beans, rinsed and drained
- 1 can (14½ oz) diced tomatoes, no salt added
- 1 cup *Uncle Ben's* whole-grain instant brown rice, dry
- ¾ cup salsa of your choice
- 1 cup water
- 4 - 5 drops *Tabasco* sauce (to taste)
- 1 tsp ground cumin
- ½ tsp ground oregano
- ½ tsp salt (opt)

Mix together in a 9" x 13" baking dish.
Cover and put in oven to bake. Set timer for 55 minutes.

The anticipation of this recipe puts me in the mood for 45 minutes of rollerblading. What strikes you?

- 1 cup shredded reduced-fat cheddar cheese[†]

Upon return, scour fridge for salad fixins and make. When timer sounds, uncover, sprinkle cheese over top and allow to melt in oven while you set the table.
Serve with a tossed salad and fresh or canned pears.

[†]See reduced-fat cheese tip on page xi (introduction).



Nutrition information for 1 cup (including optional salt)

Calories	235	Fat	3 g	Fiber	5 g	Sodium	654 mg	Total Carbohydrate	41 g
Calories from Fat	11%	Saturated Fat	1.3 g	Cholesterol	8 mg	Protein	12 g	Sugars	7 g