

# Beans & Rice

Makes 4 servings | Protein • Grains

## Ingredients

- 1 teaspoon canola oil
- 1 medium onion, chopped
- 2 garlic cloves, chopped (1 teaspoon minced or ½ teaspoon powder)
- 2 cups beans, cooked or 1 15-ounce can, drained (red, black, and white beans work well)
- 1 15-ounce can stewed tomatoes
- ¼ teaspoon black pepper
- ½-1 Tablespoon Mexican seasoning or *CNP Mexican Seasoning*
- 3 cups cooked brown rice

## Directions

1. Wash hands in warm, soapy water.
2. Heat oil in pan or electric skillet. Add onions and garlic and cook until lightly browned, about 5 minutes.
3. Add beans, tomatoes, pepper, and Mexican seasoning. Cook over low heat and simmer for 30 minutes.
4. Serve beans over rice.



# CNP Mexican Seasoning

## Ingredients

- 2 Tablespoons chili powder
- 2 Tablespoons paprika
- 1 Tablespoon garlic powder
- 2 teaspoons ground cumin
- 1 teaspoon oregano
- 1 teaspoon cayenne pepper or crushed red pepper flakes (optional)
- ½ teaspoon salt (optional)

## Directions

1. Combine all spices in a jar or plastic bag and mix well.
2. Keep in a cool, dry place for up to 6 months.

## Nutrition Facts

4 servings per container  
Serving size 1 1/2 cups (412g)

Amount per serving  
**Calories 320**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 600mg	<b>26%</b>
<b>Total Carbohydrate</b> 64g	<b>23%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 4mg	25%
Potassium 732mg	15%

\*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# UW

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Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.