



Beans & Rice

Makes 4 cups | 4 servings | Protein | Grains | Vegetables

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 (try red, pinto, or black beans)
- 1 15-ounce can stewed tomatoes
- ¼ teaspoon black pepper
- ½ - 1 teaspoon Mexican Seasoning or *CNP Mexican Seasoning*

Directions

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

Variations

Make it Spicy- Add chopped jalapeño pepper or a few drops of hot sauce to beans while cooking.



Extension



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 Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>
1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwo.edu