

# Super-Quick Red Beans and Rice



- 1 *teaspoon* **olive oil**
- 1 **medium onion**, *chopped*
- 1/2 **green pepper**, *chopped*
- 1/2 *cup* **low-sodium chicken broth**
- 1 *14.5-ounce can* **chopped tomatoes**
- 1 *teaspoon* **cumin**
- 1/2 *teaspoon* **cayenne pepper**
- 2 *cups* **cooked brown rice**
- 1 *15-ounce can* **red beans**, *drained and rinsed*  
(or 1 1/2 *cups* *cooked*)

- 1 In a large pot, sauté onion and pepper until softened. Stir in broth, tomatoes, and spices.
- 2 Add the rice and beans. Simmer about 10 minutes, stirring occasionally.
- 3 Serve and garnish with sliced green onion and a dollop of yogurt.

Serves 4

## SEASONED COOK

Optional garnishes:  
green onions, plain  
yogurt

*Per serving:*  
277 calories,  
12g protein,  
52g carbohydrate,  
3g fat, 1g sat,  
1g mono/poly),  
0 mg cholesterol,  
11g fiber,  
32mg sodium