

 **Prep:** 5 minutes
 **Cook:** 10 minutes
 **Servings:** 6

Black Beans and Rice

INGREDIENTS

1 Tbsp olive oil
3/4 cup onion, *finely chopped*
1/2 cup green pepper, *finely chopped*
1 cup tomatoes, *diced*
1 can (~15 oz) Black Beans, any variety,
drain and reserve juices
1/2 tsp thyme
1 tsp garlic salt
3 Tbsp cider vinegar
1/2 tsp hot pepper sauce
2 cups cooked rice
Lime wedges

DIRECTIONS

1. In large skillet, heat olive oil; cook onion and green pepper until crisp-tender.
2. Stir in tomatoes, beans, thyme and garlic salt; cook 3 minutes.
3. Add vinegar, pepper sauce and reserved juices; continue to cook 5 minutes.
4. Serve over rice. Garnish with lime wedge.

Nutrition Analysis, per serving

Calories 289
Total Fat 3g

Carbohydrate 57g
Fiber 3g
Sugar 2g

Protein 7g
Sodium 8mg
(<1% DV)

