

Mexican Salad – Vegan – SOS

Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 25 minutes

Serving Size: 4
Calories per serving: 560
Fat per serving: 4 grams

Ingredients

- 1 cup white rice, uncooked
- 2 tablespoons vegetable broth, Trader Joe's Low Sodium
- 3/4 cup no-salt added salsa
- 1 1/2 cups homemade black beans no-salt, or 15-ounce can no-salt added
- 2 cups frozen corn
- 1 medium red bell pepper, chopped
- 1/2 cup green onions, chopped
- 2 tablespoons fresh cilantro, chopped

Instructions

1. Cook rice according to package directions.
2. Meanwhile in a large saucepan heat vegetable broth and add corn, beans, bell pepper and onion and stir occasionally for 5 minutes.
3. Mix in the salsa and chopped cilantro, and keep cooking for 2 minutes then remove from heat.
4. Combine the vegetable mixture with the cooked rice, mix and serve.

Notes

Nutrition facts (per serving): Calories: 560, from fat: 0, total fat: 4g, cholesterol: 0mg, sodium: 85mg, total carbohydrate: 115g, fiber: 16g, sugar: 4g, protein: 14g.