

Quick Brown Rice and Beans – Vegan – SOS

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

Serving Size: 6
Calories per serving: 351
Fat per serving: 3 grams

Ingredients

- 2 cups brown rice, cooked
- 1/2 cup water
- 2 cups homemade pinto beans, no-salt, or 15-ounce can no-salt added, rinsed and dried
- 2 tablespoons vegetable broth, Trader Joe's Low Sodium
- 1 1/2 tablespoons tomato paste
- 1 small green bell pepper, diced
- 1 small onion, diced
- 2 cloves garlic, minced
- 3 tablespoons fresh cilantro, chopped
- 1 teaspoon dried oregano

Instructions

1. Heat 1 tablespoon vegetable broth in a large pot, add garlic and onion, cook over medium heat until soft.
2. Add green pepper, cilantro, and rest of vegetable broth, cook and stir for 3 minutes.
3. Add water, tomato paste, oregano and beans, cook and stir occasionally for about 10 minutes. Add water if needed.
4. Serve mixture over the cooked rice.

Notes

Nutrition facts (per serving): Calories: 351, from fat: 24, total fat: 3g, cholesterol: 0mg, sodium: 19mg, total carbohydrate: 72g, fiber: 10g, sugar: 1g, protein: 12g.