Southern Rice and Beans
Serves 6

Ingredients:
1 cup Light red kidney beans (cooked)
1 tablespoon vegetable oil
1 large onion (chopped)
1 cup medium green pepper
(about 1 cup, chopped)
1 cup rice (uncooked)
2 cups water
1 15-ounce can low-sodium tomatoes (drained)
1 can corn (drained, about 15 ounces)
1 cup of salsa (about half a jar)

Directions:
1. In a large saucepan, cook onion and green pepper in oil for 5 minutes over medium heat.
2. Add rice and stir until browned, about 5 minutes.
3. Add water, tomatoes, corn, and salsa. Bring to a boil.
4. Cover and reduce heat to low. Cook for 20 minutes.
5. Stir in beans and heat for 5 minutes.

Source: USDA Mixing Bowl, What’s Cooking?