



Rice and Beans, Red and Green

Number of Servings: 6

Serving Size: 1 cup

Equipment:

Rice cooker

Ingredients:

- 1 rice cooker cup (3/4 cup regular measuring cup), uncooked brown rice
- 1 cup canned pinto beans, drained and rinsed
- 1/2 cup frozen peas
- 1 to 1 1/4 cup homemade salsa (approximately 15-ounce low sodium jar)
- 1 green onion
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon oregano
- 1/4 cup cilantro (1/2 a bunch), chopped
- 1/2 cup Monterrey Jack cheese, shredded

Directions:

Cook rice in 2 rice cooker cups of water (or low sodium broth) in a rice cooker or on stovetop. When the rice is finished and still hot, stir the peas into the rice and let sit for 1 or 2 minutes. Pour rice and peas into a large bowl and mix in the beans, salsa, green onion, cumin, chili powder, oregano and cilantro. To serve, sprinkle with shredded cheese and warm up in the microwave until cheese melts, 1 to 4 minutes depending on microwave.

Cost per recipe: \$5.46

Cost per serving: \$0.91

MyPlate servings: 1 serving of grain, 1/2 serving of vegetables

Nutrition Facts

Serving Size 1 cup
Serving Per Container 6

Amount Per Serving

Calories 192

% Daily Values*

Total Fat 5g		8%
Saturated Fat 1g		5%
Trans Fat 0g		
Polyunsaturated Fat 2g		
Monounsaturated Fat 2g		
Cholesterol 2mg		1%
Potassium 254mg		7%
Sodium 227mg		9%
Total Carbohydrate 29g		10%
Dietary Fiber 4g		16%
Sugars 0g		
Protein 8g		16%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>