



# Spanish Style Rice & Beans

**SERVING SIZE:** ½ cup  
**SERVINGS:** 6  
**PREPARATION TIME:** 5 minutes  
**COOK TIME:** 55-70 minutes

## INGREDIENTS:

- 1 cup uncooked brown rice
- 1 15 ounce can pinto beans
- 1 15 ounce can diced or crushed tomatoes, low sodium
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon dried cilantro
- ½ teaspoon chili powder
- ½ teaspoon onion flakes
- 2 cups water



## DIRECTIONS:

1. Soak beans overnight in bowl covered with water.
2. In a medium pot, add all ingredients.
3. On high heat, bring to a boil for about 5 minutes.
4. Reduce heat to low and cover with a tight lid. Simmer for 45 to 60 minutes until rice is completely soft.
5. Do not stir until rice is done. Add a little more water if rice looks dried out.

## RECIPE TIPS:

- Can be made a day ahead
- Can be served as a side dish, inside stuffed peppers or alone with steamed chicken breast and vegetables

## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>236</b>
<b>Total fat</b>	2g
Saturated fat	0g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	165mg
<b>Total Carbohydrate</b>	47g
Fiber	9g
Total Sugar	2g
Includes 0g of Added Sugars	
<b>Protein</b>	10g
<b>Phosphorus</b>	213mg
<b>Potassium</b>	520mg

## EQUIPMENT NEEDED:

- Medium soup pot
- Mixing spoon
- Stove or hot plate

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)