

# Spanish Red Beans & Rice

Hands-on - 10 min. Oven/Exercise - 55 min. Serves 6

Every household needs a Spanish red beans and rice dish! Feel free to make this with black beans if you prefer.

## Menu

Spanish Red Beans & Rice  
Tossed Salad  
Pears

Preheat oven to 350°.

- 1 can (15 oz) red, kidney or black beans, rinsed and drained
- 1 can (14½ oz) diced tomatoes, no salt added
- 1 cup *Uncle Ben's* whole-grain instant brown rice, dry
- ¾ cup salsa of your choice
- 1 cup water
- 4 - 5 drops *Tabasco* sauce (to taste)
- 1 tsp ground cumin
- ½ tsp ground oregano
- ½ tsp salt (opt)

Mix together in a 9" x 13" baking dish.  
Cover and put in oven to bake. Set timer for 55 minutes.

*The anticipation of this recipe puts me in the mood for 45 minutes of rollerblading. What strikes you?*

- 1 cup shredded reduced-fat cheddar cheese<sup>†</sup>

Upon return, scour fridge for salad fixins and make. When timer sounds, uncover, sprinkle cheese over top and allow to melt in oven while you set the table.  
Serve with a tossed salad and fresh or canned pears.

<sup>†</sup>See reduced-fat cheese tip on page xi (introduction).



Nutrition information for 1 cup (including optional salt)

Calories	235	Fat	3 g	Fiber	5 g	Sodium	654 mg	Total Carbohydrate	41 g
Calories from Fat	11%	Saturated Fat	1.3 g	Cholesterol	8 mg	Protein	12 g	Sugars	7 g