



50 min



Serves 4

FRESH

BLACK BEANS OVER RICE

Ingredients:

2 cans (15oz) black beans, drained and rinsed

1/2 cup corn, canned or frozen

1 cup salsa

16oz of whole grain rice

Directions:

1. Cook rice according to directions of package
 2. While rice is cooking, drain and rinse beans
 3. Mix together corn, beans, and 1/2 cup of salsa
 4. Microwave on high for 2-3 min stirring occasionally
 5. Serve bean mixture and remaining salsa over cooked rice
- Source: www.food.com

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NUTRITION INFO

Per: 1 serving of beans & rice
(4 servings per recipe)

Energy.....	300kcal
Fat.....	2g
Carbohydrates.....	59g
Protein.....	14g



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