

Black Beans and Rice 1 serving

- 1/4 cup chopped onion
- 1/4 cup chopped celery
- 1/4 cup red pepper (or green, if that is what you have)
- 1 clove garlic, minced or grated
- 1/2 tsp olive oil
- 1/4 cup canned black beans, rinsed and drained (or pinto beans or whatever)
- 1/4 cup cooked brown rice
- 1/4 tsp chili powder (or to your taste)
- 1/8 tsp cumin
- 1/8 tsp salt



Sauté the onion, celery, and red pepper in the olive oil about 5 minutes. Add the garlic and cook about 1 minute longer. Add the beans to heat and then the rice. Season to taste. The listed spices suited me, but I was still being cautious. Probably could have used a little more.

Nutrition info calculated in MyFitnessPal.com

Good with a quarter of an avocado for a 300 calorie lunch.

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 222	
	% Daily Value *
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 700 mg	29 %
Potassium 739 mg	21 %
Total Carbohydrate 40 g	13 %
Dietary Fiber 8 g	31 %
Sugars 5 g	
Protein 10 g	20 %
Vitamin A	30 %
	25 %