KIDNEY BEAN AND RICE WITH STEAMED ASPARAGUS

Servings: 02 | Prep time: 0:10 | Total time: 0:40

NUTRITION INFORMATION

Per serving
Calories: 362 – 495
Total fat: 1g – 15g
Carbohydrates: 78g – 81g
Protein: 15g

INGREDIENTS

1 cup Canned Red Kidney Beans
1 cup Uncooked White Rice
1½ cup Asparagus
Salt (to taste)
½ cup diced Tomato (optional)
¼ cup diced Onion (optional)
1-2 cloves of Garlic (optional)
½ tsp Chili Powder (optional)
½ cup Tomato Sauce (optional)
2 tbsp Canola Oil (optional)
Cilantro (optional)

DIRECTIONS

1. Add rice and ~ ½ tsp of salt to a pot filled with 1 ½ cups of water and set to boil. After the water has boiled and the rice is soft, drain the rice in a colander
2. Drain and rinse kidney beans
3. Optional: Sauté garlic in a pan with oil. Once garlic golden brown, add the kidney beans, tomato sauce, chili powder, and salt (to taste) to the pan and cook on medium-low heat for ~ 5-10 minutes
   a. Alternative: canned kidney beans can also be microwaved or simply heated on a stove
4. If the kidney beans were prepared on the stove, add the rice to the pan and mix the beans and rice on low heat before serving. Otherwise, add the kidney beans to a bowl of rice and heat in the microwave
5. Optional: garnish with cilantro, tomatoes, and onion
6. Lay the asparagus in a microwave-safe pan or bowl. Add ~ 4 tbsp of water or enough so that every branch of asparagus is damp. Add tsp of canola oil and salt to taste. Microwave with the pan or bowl covered with a plate for 3-5 minutes until asparagus is soft. Serve with your rice and enjoy!