KIDNEY BEANS AND RICE

Servings: 2 | Prep time: 0:10 | Total time: 0:40

NUTRITION INFORMATION

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

INGREDIENTS

1 cup Canned Red Kidney Beans
1 cup uncooked White Rice
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 1½ 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 is 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 be prepared as above to add flavor, but they can also be microwaved or simply heated on a stove.
4. If the kidney beans were prepared on the stove, add white rice to the pan and mix the beans and rice together on low heat before serving. Otherwise, add the kidney beans to a bowl of rice and heat in the microwave.

1. Optional: Garnish with cilantro, tomatoes, and onion.