

# Beans & Rice Your Way



**Prep:** 10 minutes

**Cook:** 15 minutes

**Yield:** 4-6 servings

*Chef Suzanne Landry*

- 1 tablespoon olive oil
- 3/4 cup onion chopped finely
- 2 cloves garlic minced
- 1/2 cup green pepper chopped
- 1/2 cup corn
- 1 1/2 teaspoons chili powder
- 1 teaspoon oregano
- 1 teaspoon sea salt
- 1 1/2 cups chopped tomatoes or a 15 oz. can diced tomatoes
- 1 cup precooked red chili beans or pinto beans
- 2 cups precooked brown rice (long grain)



## Optional

You can make the beans and rice and use for stuffing in green, red, or orange peppers. For Stuffed Peppers: use 4 peppers in a variety of colors if you wish. Trim half an inch off top of peppers and clean out seeds and white membranes. Trim bottoms if necessary so peppers can stand upright, being careful not to cut a hole through the bottom. Place in baking pan cut side down, spray or brush with olive oil and bake at 375° for 15 minutes. Cool peppers before stuffing. Stuff each pepper to the top and if you wish add a slice of cheese. Bake uncovered for 15 minutes. If you have more stuffing than you need you can just heat and serve this mixture without peppers!

1. In a medium sized frying pan, sauté onion and garlic for 2-3 minutes on medium heat. Add green pepper, corn, chili, oregano and salt. Sauté for an additional 2-3 minutes.
2. Add tomatoes, precooked beans and simmer for a few minutes until flavors blend. Add precooked rice, mix well and serve.

*Chef's Notes:* This is a great way to use up leftover rice and beans! You can substitute any cooked bean and substitute barley, couscous or quinoa or the white for brown rice.