



Caribbean Casserole

Prep Time: 15 minutes

Cook Time: 20 minutes

Cost per serving: \$0.30

What you need:

Utensils:

- Mixing bowl
- Cutting board & knife
- Large saucepan
- Can opener
- Measuring cups & spoons
- Stirring spoon

Ingredients:

- 1 medium onion, chopped
- ½ green pepper, diced
- 1 tablespoon vegetable oil
- 1 14.5 oz can stewed tomatoes
- 1 16 oz can black beans
- 1 teaspoon oregano leaves
- ½ teaspoon garlic powder
- 1½ cups instant brown rice, uncooked

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Wash and chop all vegetables.
4. Cook onion and green pepper in vegetable oil, in a large pan, until tender. Do not brown.
5. Add tomatoes, beans (include liquid from can), oregano, and garlic powder. Bring to a boil.
6. Stir in rice and cover. Reduce heat to low and cook for 5 minutes.
7. Remove from heat and let stand for 5 minutes.



**BETTER LIVING
FOR TEXANS**

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Nutrition Facts

Serving Size 1 cup	
Servings Per Container 10	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 5g	
Vitamin A 4%	Vitamin C 20%
Calcium 4%	Iron 8%