



Hearty Beans and Rice

TOTAL TIME: Prep: 10 min. Cook: 25 min.

YIELD: 5 servings.

Filling, fast-fixing and fabulous flavor make this hefty dish sure to become a family favorite. —Barbara Musgrove, Fort Atkinson, Wisconsin

Ingredients

1 pound lean ground beef (90% lean)

1 can (15 ounces) black beans, rinsed and drained

1 can (14-1/2 ounces) diced tomatoes with mild green chiles, undrained

1-1/3 cups frozen corn, thawed

1 cup water

1/4 teaspoon salt

1-1/2 cups instant brown rice

Directions

1. In a large saucepan, cook beef over medium heat until no longer pink, breaking into crumbles; drain. Stir in the beans, tomatoes, corn, water and salt. Bring to a boil. Stir in rice; return to a boil. Reduce heat; cover and simmer for 5 minutes. Remove from the heat; let stand, covered, for 5 minutes.

Nutrition Facts

1-1/4 cups: 376 calories, 9g fat (3g saturated fat), 56mg cholesterol, 647mg sodium, 47g carbohydrate (6g sugars, 7g fiber), 26g protein. **Diabetic Exchanges:** 3 starch, 3 lean meat, 1 vegetable.