



## Bean, Rice and Corn Skillet Dinner

### Ingredients

1 onion, chopped  
2 garlic cloves, minced  
½ green pepper, chopped (optional)  
1 Tablespoon olive oil  
1 (14½ -ounce) can black beans  
1 (11-ounce) can nibblet corn  
½ cup minute brown rice (uncooked)  
½ cup water  
1 (14½ -ounce) can diced tomatoes  
1 teaspoon cumin  
2 teaspoon chili powder  
½ to 1 teaspoon cilantro  
  
Makes 8 servings

### Instructions

1. In a large skillet on medium heat, brown onion, garlic and peppers in olive oil.
2. Add remaining ingredients.
3. Simmer for 20 minutes.

### Note:

- This versatile recipe can be served as a main dish, with tortilla shells, with baked tortilla chips, or on top of a salad.

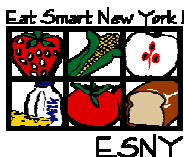
### Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 8	
<b>Amount Per Serving</b>	
<b>Calories</b> 140	Calories from Fat 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 10%	Vitamin C 35%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

16% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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