

Black Beans with Brown Rice

Yield: 5 servings

Ingredients:

- 1 small green pepper, chopped
- 1/2 cup chopped sweet red pepper
- 1/2 cup chopped sweet yellow pepper
- 1/2 cup chopped red onion
- 2 tablespoons canola oil
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 2 tablespoons cider vinegar
- 1/2 teaspoon garlic salt
- 1/8 teaspoon pepper
- 1/8 teaspoon cayenne pepper
- 2-1/2 cups hot cooked brown rice



Directions:

In a large saucepan, sauté peppers and onion in oil until tender. Stir in the beans, tomatoes, vinegar, garlic salt, pepper and cayenne. Bring to a boil. Reduce heat; simmer, uncovered, for 12-15 minutes or until desired consistency, stirring occasionally. Serve with brown rice.