

Spicy Red Beans & Brown Rice

Serving: 6

Ingredients

$\frac{1}{4}$ cup **vegetable broth**

1 **onion** *chopped*

2 **garlic cloves** *(1 t. minced garlic)*

3 cups **brown rice** *cooked*

1 can **diced tomatoes, with liquid** *(14.5 or 28 oz depending on preference)*

1 tsp **chopped canned chipotle pepper in adobo sauce**

1 can **red kidney beans** *(1 $\frac{3}{4}$ cup cooked)*

salt

pepper

Directions

1. Heat the broth in saucepan over medium heat. Saute onion and garlic for 3 mins.
2. Add the brown rice, tomatoes, chipotle peppers, and beans.
3. Season with salt and pepper.

Note: You can start with canned beans and frozen, cooked rice. If you are short on time, just combine the rice, tomatoes, and beans, add salt and pepper, and enjoy!