

# Caribbean Casserole



Makes: 10 servings

Total Cost: \$\$\$\$

This quick one skillet casserole dish of beans, bell peppers, tomatoes, and oregano uses instant brown rice to reduce cooking time.

## Ingredients

- 1 onion (medium, chopped)
- 1/2 green pepper (diced)
- 1 tablespoon canola oil
- 1 can stewed tomatoes, low-sodium (14.5 ounces)
- 1 teaspoon oregano leaves
- 1/2 teaspoon garlic powder
- 1 1/2 cups brown rice (instant, uncooked)
- 1 can black beans or beans of your choice (16 ounces)

## Directions

1. Saute onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes, beans (include liquid from both), oregano, and garlic powder.

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boil.

3. Stir in rice and cover.
4. Reduce heat to simmer for 5 minutes.
5. Remove from heat and let stand for 5 minutes.

## Notes

Learn more about:

- [Bell Peppers](#)

- [Tomatoes](#)

- [Onions](#)

Source:

US Department of Health and Human Services

National Institutes of Health

National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

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# Nutrition Information

Serving Size: 1 Cup

# MyPlate Food Groups



Nutrients	Amount
<b>Total Calories</b>	<b>189</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>182 mg</b>
<b>Carbohydrates</b>	<b>36 g</b>
Dietary Fiber	6 g
Total Sugars	3 g
Added Sugars included	0 g
<b>Protein</b>	<b>7 g</b>
Vitamin D	0 mcg
Calcium	52 mg
Iron	2 mg
Potassium	348 mg

	Vegetables	1/2 cups
	Grains	1 ounces
	Protein Foods	1 ounce

N/A - data is not available