# BEAN AND RICE BOTANA

## GLEANERS
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## MATERIALS:

9"x13" Baking dish
Box grater
Colander
Cutting board
Measuring cups
Measuring spoons
Medium pot
Sharp knife

## INGREDIENTS:

2 cups brown rice
3 small onions
1 medium green bell pepper
1 small clove garlic
4 ounces low-fat Monterey Jack cheese, grated
3 (15½-ounce) cans pinto beans
2 Tablespoons canola oil
1 Tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano
½ teaspoon ground cayenne pepper
1 (28-ounce) can diced or crushed tomatoes, no salt added
Non-stick cooking spray

**Optional Ingredients:**
1 medium avocado
2–3 Tablespoons fresh cilantro
½ cup nonfat or low-fat plain yogurt

**Serves:** 8, 1 cup per serving
*Recipe from Share Our Strength's Cooking Matters.

## Find more recipes online at: www.gcfb.org/recipes_resources

# DIRECTIONS:

1. Preheat oven to 350°F.
2. Cook rice following package directions. Set aside.
3. Peel, rinse, and dice onions. Rinse and dice bell pepper. Peel and finely chop garlic.
4. If using avocado, peel it, remove pit, and slice. Rinse and chop fresh cilantro.
5. In a colander, rinse and drain canned beans.
6. In a medium pot over medium-high heat, heat oil. Add onions, garlic, and bell pepper. Cook, stirring frequently, until veggies are soft and just starting to brown. Add spices. Stir to toast, about 30 seconds.
7. Add drained beans and canned tomatoes with their juices. Simmer mixture on low until thickened, about 15 minutes.
8. Coat baking dish with non-stick cooking spray.
9. Spread cooked rice on bottom of baking dish. Cover rice with bean mixture and sprinkle cheese on top.  Bake for 20–25 minutes, or until cheese is melted and botana is heated through.
10. If using, top with cilantro, avocado slices, and a dollop of yogurt.

# Notes:

- If using rice in more than one meal this week, cook a larger batch. Use leftovers in this recipe.
- Try using other toppings like lettuce, tomato, red onion, olives, jalapeño pepper, or salsa.
- Use black beans or other leftover beans in place of the pinto beans, if desired.