



BEAN & RICE BOTANA



Color your meal!



MyPlate.gov

Ingredients:

2 cups brown rice

3 small onions

1 green bell pepper

1 clove garlic

1 28oz can diced tomatoes, no salt added

3 15oz can pinto beans, low sodium

4 oz low-fat Monterey Jack cheese

non-stick cooking spray

2 tbsp canola oil

1 tbsp chili powder

1 tsp ground cumin

1 tsp dried oregano

1/2 tsp cayenne pepper

Directions:

1. Preheat oven to 350°F and cook rice following package directions. Set rice aside.
2. Peel, rinse, and dice onions and bell pepper. Peel and finely chop garlic.
3. Grate cheese and drain and rinse beans.
4. In a medium pot over medium-high heat, heat oil then add onions, pepper, and garlic, stirring frequently until veggies are soft and starting to brown. Add spices and stir to combine.
5. Add beans and canned tomatoes with their juices. Simmer mixture on low until thickened, about 15 minutes.
6. Spray baking dish with cooking spray and spread rice on bottom of dish. Cover rice with bean mixture and sprinkle cheese on top.
7. Bake for 20-25 minutes, or until cheese is melted and botana is heated through.

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

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