

- » Nonstick vegetable cooking spray
- » 1 tbsp olive oil
- » 4 cloves garlic, minced
- » 1 cup onion, chopped
- » 1 cup green bell pepper, chopped
- » 1/2 cup red bell pepper, chopped
- » 1 medium tomato, chopped
- » 1/2 cup celery, chopped
- » 1 tbsp vinegar
- » 1/4 tsp crushed red chili pepper
- » 1 cup vegetable broth
- » 2(15-oz) cans of black beans, drained
- » 1/2 (15 1/4-oz) can red kidney beans, drained
- » 1/2 tsp salt
- » 1/4 tsp pepper
- » 1/2 cup long-grain white rice, cooked according to directions without fat or salt
- » 5 green onions, chopped
- » 1 cup (4 oz) shredded cheddar cheese

Nutritional Content

Per Serving

Calories	446 cal	Cholesterol	30mg
Protein	14g	Sodium	1258mg
Carbohydrate	54g	Calories from Fat	27%
Fat	14g	Fiber	15g
Saturated Fat	7g		

In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add oil, garlic, onion, green and red bell peppers, tomato, and celery. Sauté for 5 to 7 minutes until onion is translucent. Stir in vinegar, crushed red chili pepper, and broth. Add beans and bring to a boil. Reduce heat and simmer, stirring occasionally, for 20 minutes or until liquid is reduced. Season with salt and pepper. Serve over rice and top with green onions and cheddar cheese. Serves 4.

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