

- » Nonstick vegetable cooking spray
- » 1/2 tsp olive oil
- » 1 clove garlic, minced
- » 1/4 cup onion, chopped
- » 1/4 cup green bell pepper, chopped
- » 2 tbsp red bell pepper, chopped
- » 1/4 medium tomato, chopped
- » 2 tbsp celery, chopped
- » 1 tsp vinegar
- » Small pinch of crushed red chili pepper
- » 1/4 cup vegetable broth
- » 1/2 (15-oz) can of black beans, drained
- » 1/8 (15 1/4-oz) can red kidney beans, drained
- » Pinch of salt
- » Pinch of pepper
- » 1/8 cup long-grain white rice, cooked according to directions without fat or salt
- » 1 green onion, chopped
- » 1/4 cup shredded cheddar cheese

## Nutritional Content

Per Serving

Calories	436 cal	Cholesterol	30mg
Protein	14g	Sodium	1258mg
Carbohydrate	54g	Calories from Fat	26%
Fat	12g	Fiber	15g
Saturated Fat	6g		

In a 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 3 to 5 minutes. 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 1.

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