

Recipes serves: 8 people



Ingredients-

- ♥ 2 cup Black Beans
- ♥ 2 cup Pinto Beans
- ♥ 2 cups Organic quick cook long grain rice
- ♥ ¼ cup tomato paste (no salt added)
- ♥ ¼ cup Onions chopped
- ♥ 1 garlic cloves minced
- ♥ 1 tsp chili powder
- ♥ 1 tsp ground cumin
- ♥ 1½ cups water
- ♥ ¼ cup fresh cilantro chopped
- ♥ 4 cups of tomatoes chopped
- ♥ 4 cup chopped romaine
- ♥ ½ cup reduced fat Monterey jack shredded cheese

PREPARATION:

1. Cook rice according to package
2. Combine cooked beans, onions, garlic, seasonings, water, and tomato paste in a medium pot. Simmer over medium heat uncovered for 10-15 minutes, or until it becomes a thick texture. Stir occasionally
3. Fold cilantro into cooked rice
4. Dish out rice mixture into 8 servings (½ cup portion), top with ½ cup bean mixture, ½ cup chopped tomatoes, ½ cup chopped romaine, and 1 Tbsp. of Monterey Jack cheese

Nutrition Facts			
Serving Size: 1 serving (329.6g)			
Servings: 1			
Amount Per Serving			
Calories	590	Calories from Fat 70	
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	3.5g		18%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	125mg		5%
Total Carbohydrate	103g		34%
Dietary Fiber	19g		75%
Sugars	6g		
Protein	30g		
Vitamin A	60%	•	Vitamin C 30%
Calcium	25%	•	Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g