

Southern Rice and Beans

Serves: 6

Ingredients

- 1 cup Light or dark red kidney beans (cooked – see NOTE below)
- 1 tablespoon vegetable oil
- 1 large onion (chopped)
- 1 cup medium green pepper (about 1 cup, chopped)
- 1 cup rice (uncooked)
- 2 cups water
- 1 15-ounce can diced tomatoes – low sodium if available (drained)
- 1 can corn (drained, about 15 ounces)
- 1 cup of salsa (about half a jar)



Directions

1. Wash hands with soap and water.
2. In a large saucepan, cook onion and green pepper in oil for 5 minutes over medium heat.
3. Add rice and stir until browned, about 5 minutes.
4. Add water, tomatoes, corn, and salsa. Bring to a boil.
5. Cover and reduce heat to low. Cook for 20 minutes.
6. Stir in beans and cook for 5 minutes or until internal temperature reaches 145 degrees F on food thermometer.

Recipe Source: USDA Mixing Bowl, What's Cooking?

Nutrition Facts: Each one cup serving provides 260 Calories, 3.5 g Total Fat, 0.5 g Saturated Fat, 370mg Sodium, 52g Total Carbohydrate, 7g Dietary Fiber, 7g Protein

NOTE: Dry red kidney beans are a food safety concern when they're not cooked properly. The problem isn't bacteria, but "phytohaemagglutinin," also called PHA, or kidney bean lectin, a type of protein. Some types of lectin, including this one, can be toxic at high levels. Research shows the toxin is destroyed when boiled at 212 degrees F for 10 minutes, but food safety experts recommend 30 minutes to be certain the beans reach the proper temperature for the amount of time necessary. Don't use a slow cooker. It won't get hot enough.

The FDA recommends these steps for preparing dry red kidney beans:

- Soak the beans for at least five hours in water. It's not a bad idea to change the water periodically, but it's not necessary for safety.
- Drain the beans from the final soaking water.
- Boil the beans in a pot of fresh water for at least 30 minutes.



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