

5-Minute Rice and Beans



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Ingredients

- 2 cups of brown “minute” rice
- 2-(12-ounce) cans of canned black beans
- 1/2 of an avocado, diced
- 2 cups of chopped bell pepper
- 4 tablespoons chunky salsa
- 1 cup shredded romaine lettuce

Directions

1. Cook the rice according to the package directions.
2. Drain and rinse the canned black beans. Be sure not to skip this step; draining and rinsing canned beans can decrease their sodium content by 40%.
3. In a microwave-safe bowl, combine the cooked rice, beans, and salsa. Microwave for about 2 minutes or until warmed throughout.
4. Stir in the avocado and bell pepper.
5. Divide the mixture into 4 servings; place a scoop on top of shredded romaine lettuce and serve.