



Cowboy Rice and Beans

Makes 4 servings | Serving size: 1½ cups

Ingredients Needed:

- 1 Tablespoon vegetable or olive oil
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 3 cups cooked rice
- 2 (15- or 16-ounce) cans pinto beans, drained and rinsed
- ½ cup barbecue sauce

Directions:

1. Heat oil in a large skillet over medium-high heat until hot.
2. Add onion and green pepper. Cook and stir for 3 to 5 minutes or until tender.
3. Add rice, beans and barbecue sauce.
4. Simmer for 5 to 7 minutes or until thoroughly heated.