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.

The University of Maine is an EEO/AA employer and does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender expression, national origin, citizenship status, age, disability, genetic information or veteran’s status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity, 101 North Stevens Hall, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711 (Maine Relay System).