

## Red beans and rice

*This quick and easy classic Cajun dish is great for a weeknight meal at home or fun to serve at a party. If you can't find beans labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help further reduce the sodium level. Tip: Try serving with steamed broccoli on the side.*

1 tablespoon olive oil  
1 cup onion, cut into 1/2-inch pieces  
1 cup green bell pepper, rinsed and diced  
1 tablespoon garlic, minced or pressed (2 to 3 cloves)  
1-1/2 teaspoon ground cumin

1-1/2 teaspoon dried oregano  
1 can (14-1/2 oz) low-sodium chicken broth or vegetable broth  
1/2 cup instant brown rice, uncooked  
2 cans (15 oz each) low-sodium red kidney beans, drained and rinsed

Heat oil in a 12-inch sauté pan over medium heat. Cook onion, stirring occasionally, for 5 minutes, until pieces begin to soften, but not brown. Meanwhile, dice green pepper into pieces about 1/4 inch in size. Tip: Slice pepper lengthwise into 1/4-inch strips. Holding the strips together, cut crosswise in 1/4-inch pieces. Add green pepper to cooking onion. Cover. Cook for 5 minutes, stirring occasionally.

While the green pepper and onion cook, mince the garlic. Add garlic, cumin and oregano to the sauté pan. Cook and stir for 1 minute. Add broth and rice to sauté pan with green pepper and onion. Stir well, cover and simmer for 10 minutes.

Meanwhile, drain beans and rinse thoroughly. Add beans to sauté pan. Stir well. Cover. Simmer for 5 minutes to heat beans and blend flavors.

Makes 4 servings.