

Beans, Rice and Kielbasa

Ingredients

- 2 cups prepared brown rice
- 2 (12oz) cans red kidney beans, drained and rinsed
- ½ large onion, chopped
- 2 cups chopped tomato
- 1.5 tsp chili powder (use more or less to taste)
- 1 16oz turkey kielbasa, sliced into ¾ inch rounds

Directions

1. Drain and rinse beans
2. Sauté onion
3. Add beans, chopped tomato and chili powder
4. Cook until tomato starts falling apart (about 10 minutes)
5. Add prepared rice and sliced kielbasa
6. Cook an additional 5 minutes or until kielbasa is heated through

Nutrition Information makes 5 servings

Per Serving

- Calories: 420
- Fat: 9g
- Carbohydrate: 58g
- Protein: 28g
- Fiber: 16g
- Sodium: 810 mg (rinsing the beans lowers even more)



www.MyEatSmartMoveMore.com

Eat Smart