

30 Minute Black Bean Corn and Rice Skillet

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/corn-recipe-for-thanksgiving-dinner>

Ingredients:

- 2 cups canned black beans drained and rinsed
- 2 cloves garlic minced
- 1 red bell pepper large, finely chopped
- 1/2 red onion large, finely chopped
- 2 cups corn frozen
- 2 cups brown rice cooked
- 1 lime juiced
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 tablespoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon oil
- 1/2 avocado diced, optional
- 1/2 cup light sour cream optional

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 121 grams
3. Cholesterol: 10 milligrams
4. Fat: 16 grams
5. Fiber: 18 grams
6. Protein: 21 grams
7. SaturatedFat: 4 grams
8. Sodium: 560 milligrams
9. Sugar: 5 grams

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