

# Mexican Style Red Beans & Rice

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-style-red-beans-recipe>

## Ingredients:

- 8 ounces chorizo sausage Mexican, I used 3 oz., but if you want a meatier meal, add more
- 3 cloves garlic peeled & chopped
- 1 cup red onion peeled, chopped, about 1/2 of a large onion
- 1 cup chopped bell pepper
- 1 cup frozen corn thawed
- 1 cup cherry tomatoes chopped in half
- 1/4 cup green chile frozen, or canned, include the juices
- 1/4 cup salsa your favorite, I used my Copycat Chili's salsa
- 1/4 cup chopped fresh cilantro
- 15 ounces red beans can of, drained

## Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 81 grams
3. Cholesterol: 50 milligrams
4. Fat: 23 grams
5. Fiber: 19 grams
6. Protein: 41 grams
7. SaturatedFat: 8 grams
8. Sodium: 820 milligrams
9. Sugar: 7 grams

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