

Mexican Tomato Rice and Beans

Yield: 7 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-tomato-recipe>

Ingredients:

- 1 cup brown rice or uncooked medium grain white
- 14 1/2 ounces diced tomatoes
- 2 tablespoons extra-virgin olive oil
- 6 cloves garlic minced
- 1 jalapeno medium, ribs and seeds removed, or not if you like it extra spicy and minced, optional
- 15 ounces black beans drained and rinsed
- 1 1/2 teaspoons kosher salt
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1/4 cup fresh oregano chopped, or 1 tsp. dried
- 1/4 cup fresh cilantro chopped

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 36 grams
3. Fat: 5 grams
4. Fiber: 7 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 760 milligrams
8. Sugar: 2 grams

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