

Mexican Kidney Bean Fried Rice

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-vegetable-side-dish-recipe>

Ingredients:

- 2 tablespoons olive oil ***sauté in water instead
- 1/4 cup minced onion or 1 cup [151 g] julienned, if you love onions
- 2 cups bell peppers julienned
- 1/2 cup purple cabbage shredded
- 1 1/2 cups veggies mixed, or shredded meatless vegan chicken, *gluten free and/or **soy free
- 1 1/2 cups diced tomatoes
- 1 cup crushed tomatoes or 2 tablespoons [42 g] tomato paste plus 3/4 cup [177 ml] water
- 15 1/2 ounces kidney beans] can
- 1 cup corn kernels
- 2 tablespoons green chilies
- 1 tablespoon oregano
- 1 1/2 teaspoons cumin
- 2 teaspoons chili powder to taste
- 1/2 teaspoon liquid smoke to taste
- 3 cups cooked brown rice
- salt to taste

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 5 grams
6. Protein: 13 grams
7. SaturatedFat: 1 grams
8. Sodium: 500 milligrams
9. Sugar: 6 grams

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