Recipe card instructions:
For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

Easy Red Beans and Rice

- Nonstick cooking spray
- 1 large onion, chopped
- 1 medium green bell pepper, seeded and chopped
- 1 teaspoon garlic powder
- 2 (14.5-ounce) cans diced tomatoes
- 1 (15.5-ounce) can kidney beans, drained and rinsed
- 6 cups cooked brown rice

Spray skillet with cooking spray. Cook onion and pepper over medium heat for 5 minutes or until tender. Add garlic powder, tomatoes and kidney beans. Bring mixture to a boil. Reduce heat to low; simmer for 5 minutes. Serve over rice. Makes 8 servings.

Source: Maryland Food Supplement Nutrition Education Program

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