

One-Skillet Tex-Mex Fiesta

6 servings

What you need:

- 16-oz can original or barbecue baked beans
- 15-oz can Mexican style stewed tomatoes, with juice
- 11-oz can whole kernel corn, drained
- 1-1/2 C instant brown rice
- ¼ cup salsa



All you do:

Combine all the ingredients, plus 1 cup water into a non-stick skillet. Bring to a boil.

Reduce heat to low, cover, and simmer for 10 minutes. Enjoy!

Nutrition Information, per serving (about 1 cup):

240 calories, 1.5 g total fat, 48 g carbohydrate, 7 g dietary fiber, 7 g protein, 710 mg sodium, good source of iron and vitamin C