Indian Style Beans

Ingredients:
1. 1 Tablespoon olive oil
2. 1 green pepper, chopped
3. 1 cup onion, chopped
4. 2 - 15 oz. cans diced tomatoes* with juice
5. 1 – 16oz. can cannellini beans, drained and rinsed
6. 1 ½ teaspoons dried basil
7. ½ teaspoon dried oregano
8. ½ teaspoon garlic powder
9. ¼ teaspoon paprika
10. 2 Tablespoons grated Parmesan cheese

Directions:
1. In a skillet, sauté onions and green peppers in olive oil until soft.
2. Add tomatoes, cannellini beans, basil, oregano, garlic powder, black pepper and paprika
3. Heat to boiling, reduce heat, and simmer for 10 minutes.
4. Serve as mixture as a main dish over small pasta or couscous or as an appetizer with pita chips.

*sodium amount = 320 mg. (13%) if no salt added tomatoes are used.

Yields about 4 servings

Source: Recipe from Broome County CCE

Nutrition Facts

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.