**Rice and Beans**
Makes about 4 servings

**Ingredients:**
- 1 cup kidney beans
- 4 cups water
- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 1/2 cup regular or no-salt canned tomatoes or regular or no-salt tomato
- 1 cup white rice

**Directions:**
1. Clean and wash beans. Add 4 cups of water to beans and soak overnight in a covered container in the refrigerator.
2. Put beans and water into a pot and cook, adding more water as needed to cover the beans.
3. Cook onion and garlic in hot oil until soft and yellow. Add the canned tomatoes (broken-up) or tomato sauce, and rice to the kidney beans. Stir carefully. Bring to boil and cover.
4. Cook over very low heat, without stirring, until there is no water left and the rice is cooked, about 25 minutes.

**Nutrition Facts**
- Serving Size: 1 ¾ cups (14 ounces)
- Servings Per Recipe: 4
- Amount Per Serving
  - Calories: 150
  - Calories from Fat: 35
  - % Daily Value:
    - Total Fat: 4g (6%)
    - Saturated Fat: 0g (0%)
    - Trans Fat: 0g
    - Cholesterol: 0mg (0%)
    - Sodium: 210mg (9%)
    - Total Carbohydrate: 24g (8%)
    - Dietary Fiber: 4g (16%)
    - Sugars: 3g
    - Protein: 5g

- Vitamin A: 2%
- Vitamin C: 8%
- Calcium: 4%
- Iron: 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

23% calories from fat
Recipe analyzed using no-salt canned tomatoes.

**Source:** Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection, 2006. Recipe adapted from Delicious Hispanic Meals: Maternity Infant Care-Family Planning Projects of NYC.