

One-Skillet Tex-Mex Fiesta

6 servings

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
1/4 cup salsa



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!

***Did you know?**

You can reduce the sodium/salt in your meals by choosing low-sodium or sodium-reduced canned products. Also, draining and rinsing canned vegetables and beans will remove excess sodium from the food.

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