

Mexican Red Beans and Rice (from 12 Best Foods Cookbook) **(Good on days 1, 2, 3, 9, 10)**

Makes 4 servings

- 2** **tbsp extra-virgin olive oil**
- 1** **medium red onion, chopped**
- 1** **medium green bell pepper, seeded and chopped**
- 1** **large clove garlic, finely chopped**
- 1** **tsp dried oregano**
- ½** **tsp chipotle chili powder**
- 1** **(15-ounce) can diced tomatoes, with their liquid**
- 1** **(15-ounce) can red beans, rinsed**
- 2** **cups cooked long-grain brown rice**
- Salt and freshly ground black pepper**
- Chopped cilantro, optional, for garnish**

1. Heat the oil in a medium skillet over medium-high heat. Sauté the onion and green pepper until the onion is translucent, 4 minutes. Mix in the garlic and cook 1 minute longer. Add the oregano and chipotle.
2. Add the tomatoes with their liquid, reduce the heat, and simmer until the tomatoes are soft and some of their liquid has evaporated, about 10 minutes.
3. Mix in the beans and cooked rice. When they are heated through, season to taste with salt and pepper. Garnish with cilantro, if using, and serve.