

Fiesta Skillet Dinner



Yield: 4 servings

Ingredients:

- 1cup quick cooking brown rice
- 2¼ cup water
- 1- 15 oz. can diced tomatoes, undrained
- 1- 15 oz. can beans, rinsed and drained
- 1- 15 oz. can corn, drained
- 1Tbsp. reduced sodium taco seasoning

Directions:

1. Prepare the quick-cooking brown rice by boiling 2¼ cup water, adding rice, turning stove top to low and letting simmer uncovered for 15 – 20 minutes, until rice is soft.
2. While rice cooks, combine the drained beans and corn in a large skillet with the undrained can of tomatoes and taco seasoning. Heat over medium heat until heated through, stirring occasionally.
3. Once heated through, stir in the cooked rice, stir thoroughly, and serve immediately.

Equipment Needed:

- Can opener
- Measuring cups
- Medium pot or large skillet
- Stirring spoon