

SLOW-COOKER FIESTA RICE

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 1/2 cup

Nutrition (per serving)

Calories: 153

Total Fat: 3.5 g

Saturated Fat: 0.5 g

Sodium: 283 mg

Total Carbohydrate: 25 g

Dietary Fiber: 3 g

Protein: 5 g

Ingredients

1 Tbsp. canola oil

7 strips turkey bacon

1 small onion, diced

1 medium green pepper, diced

1 (15 ounce) can black beans, rinsed

1 (14.5 ounce) can diced tomatoes with green chiles

1 ½ brown rice, uncooked

2 ½ cups water



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1/8 tsp ground black pepper

Cooking spray

Directions

1. Spray slow cooker with cooking spray.
2. Cook turkey bacon in the microwave according to package directions. Chop, and set aside.
3. Meanwhile, heat oil in medium skillet. Add onion, peppers, and beans to pan. Sauté until onions are tender-crisp, add to slow cooker.
4. Add rice, water, tomatoes, turkey bacon, and black pepper to slow cooker. Stir.
5. Set slow cooker to low and cook for 6-7 hours. Lightly stir before serving.
6. Tip...to prepare on the stovetop instead of a slow cooker, prepare rice according to package directions, and then add to skillet with vegetable mixture.



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