Caribbean Casserole

Ingredients:
- 1 onion
- ½ green bell pepper
- 1 tablespoon butter or vegetable oil
- 1 can stewed tomatoes (14.5 ounces)
- 1 can black beans (15 ounces)
- 1 teaspoon oregano
- ½ teaspoon garlic powder
- 1 ½ cups brown rice, cooked

Directions:
Sauté onion and green bell pepper in a large pan with butter or vegetable oil until tender. Add stewed tomatoes, black beans, oregano, and garlic powder. Bring to a boil. Stir in brown rice and cover. Reduce heat to simmer for 5 minutes. Remove from heat and let stand for 5 minutes.