



Caribbean Casserole

Ingredients:

1 onion	1 can black beans (15 ounces)
½ green bell pepper	1 teaspoon oregano
1 tablespoon butter or vegetable oil	½ teaspoon garlic powder
1 can stewed tomatoes (14.5 ounces)	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.

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