



Your Commissary... It's Worth the Trip!

THINKING OUTSIDE THE BOX

Quick Beans and Rice

Legumes are nutrient powerhouses! Many studies show they have numerous health benefits. Legumes are an inexpensive great source for vitamins and minerals, protein, complex carbohydrates, and fiber. In addition, they are low in fat and cholesterol free! There are many types of legumes such as kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), navy beans, split peas and lentils, etc., which are available in dry, canned, and frozen forms.

Most Americans do not eat enough legumes to reap the proven multiple health benefits. For most, eating legumes at least few times a week is recommended. The fiber and complex carbohydrates in legumes help to ward off hunger so they may assist with your weight management goals. Legumes are also comparable in protein and vitamin and minerals as most meat so they serve as a great meat substitute. In fact, consuming legumes two to three times a week instead of meat promotes healthy cholesterol levels and may protect against heart disease. To add more legumes to your diet, try canned, low sodium varieties. They are already cooked and ready to use. Aim to replace at least one meat entrée per week with legumes, and also try to swap out a grains side with legumes. To add more legumes to your diet, try some of the following suggestions.

- **Top salads with a cup of chickpeas or other beans instead of chicken or beef.**
- **Add beans to your favorite soup recipes in place of pasta.**
- **Keep hummus on hand and eat with raw vegetables like carrots, celery, broccoli, or cauliflower as a snack.**
- **Toss beans into sautéed veggies or mix them with cooked greens and garlic.**



Directions

Serves: 4

1. Prepare instant brown rice according to package directions.
2. **While the rice is cooking, slice sausage into 20-30 pieces and then add the slices along with one can of chili beans (don't drain), and one can of stewed tomatoes to a pan and bring to a gentle boil.**
3. Turn the stove heat to low and continue cooking and stirring occasional while also gently smashing the tomatoes, until the flavors blend (about 10-12 minutes).
4. Serve by place $\frac{1}{4}$ of the rice on a plate and then top the rice with $\frac{1}{4}$ of the chili bean/sausage mixture.
5. Top each plate of rice and beans with $\frac{1}{4}$ cup of shredded cheese.

NOTES:

- For added flavoring, consider adding red pepper flakes, chili powder, cumin, paprika, pepper, and or garlic.
- Serve with a side of sliced fresh fruit or no added sugar canned fruit as a dessert.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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