



Simmered Beans with Roasted Bell Peppers

Ingredients

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| 2 cups Simmered Beans, using pinto beans (see page 10) | 1 teaspoon crushed red chili peppers |
| 1 cup finely chopped roasted green bell peppers (see page 13) | |

Preparation

1. In a medium saucepan, mix all ingredients.
2. Cook over medium heat for 10 minutes. Serve.

A quick and easy solution for a healthy morning meal.

Makes 2 servings. 1 cup per serving.

Prep time: 5 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories 253, Carbohydrate 48 g, Dietary Fiber 15 g, Protein 15 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg