Rice and beans

Serves: 2 | Preparation: 5 minutes | Total: 10 minutes | Difficulty: Easy

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Ingredients

- 1 can rice or 1 cup cooked rice
- 1 can black beans, drained and rinsed
- 1 green bell pepper, diced

Instructions

1. Add the beans and rice to a saucepan over medium–low heat.
2. Stir frequently as the mixture heats.
3. Add diced bell peppers and cook until soft.
4. Once heated through, add mixture to whole wheat tortilla, or serve on its own with a side of salad.

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Adapted from cookingupdate.com