

Ingredients

1 Tablespoon of Olive Oil

1/2 Cup Onion, chopped

1 Green Pepper, chopped

1 Red Pepper, chopped

2 Cloves Garlic, diced

1/2 Cup of Salsa

1 Can of diced tomato, Italian style

[Ads /]

1 Can of Light Red Kidney Beans

1 Can of Dark Red Kidney Beans

1 Can Great Northern Beans (or other type of bean)

3/4 tsp of Cumin

Salt and pepper to taste

Minute Rice (I usually make the recipe on the box for 4 Cups)

Preparation

1. Saute the onions, peppers, and garlic in Olive Oil in a pot for about 5 minutes

[Ads /]

2. Stir in beans and juice, and salsa

3. Reduce heat and simmer for 15 minutes stirring occasionally

4. Add spices and continue to simmer for 1-2 hours.

5. Make rice and serve the beans over rice.

6. Enjoy