Caribbean Casserole

Instructions
1. Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes and beans (including liquid from both), as well as oregano and garlic powder. Bring to a boil.
3. Stir in rice and cover. Reduce heat to simmer for 5 minutes. Remove from heat and let stand for 5 minutes before serving.

Tip
Finish the meal with delicious tropical fruit such as mango, papaya, or pineapple.

Note
If you can’t find beans labeled “low-sodium,” compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help further reduce the sodium level.