

BRAID BALANCE

June 27, 2018

Recipe: Black Beans and Yellow Rice with ~~Fresh Tomato Topping~~

Serves 4

4 ounces smoked turkey sausage, thinly sliced
1 cup chopped yellow onion
2 cloves garlic, minced
½ can black beans, rinsed and drained
½ cup reduced sodium chicken broth
2 teaspoons chili powder
½ cup water
¼ teaspoon ground turmeric
½ cup instant brown rice

Directions

- 1. Coat a large nonstick skillet with nonstick cooking spray. Heat over medium-high heat. Add sausage to hot skillet; cook for 2 to 3 minutes or until lightly browned, stirring frequently. Remove from skillet; set aside.**
- 2. Add onion to skillet; cook and stir about 3 minutes or until lightly browned. Add garlic; cook for 15 seconds, stirring constantly. Stir in beans, broth, and chili powder. Bring to boiling over medium-high heat. Remove from heat; stir in sausage. Cover to keep warm.**
- 3. Mix rice with turmeric**
- 4. To serve, spoon bean mixture over turmeric rice. Serve with lime wedges.**

Per Serving Calories 188

Total Fat 6g (1 g saturated fat)

Cholesterol 19 mg

Sodium 365mg

Total Carbohydrate 26g (6 g fiber)

Protein 10g