One-Skillet Tex-Mex Fiesta

Ingredients

1 16-ounce can original or barbecue baked beans
15-ounce can Mexican style stewed tomatoes, with juice
11-ounce can whole kernel corn, drained
1 1/2 cup instant brown rice
1/4 cup salsa

Directions

1. Combine all the ingredients, plus 1 cup water into a non-stick skillet or pot.
2. Bring to a boil. Reduce heat to low, cover, and simmer for 10 minutes. Enjoy!

Makes 6 servings

Nutrition information per serving:
- 240 calories
- 1.5 g total fat
- 48 g carbohydrate
- 7 g dietary fiber
- 7 g protein
- 710 mg sodium