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