

# One-Skillet Tex-Mex Fiesta

**IOWA**  
Student Wellness

## 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*