

Brazilian Black Beans and Sausage

This recipe is a good source of fiber, which may help protect against some diseases.

Ingredients:

- 2 teaspoons **vegetable oil**
- 8 ounces low-fat **Polish Kielbasa sausage**, cut in small pieces
- 1 large **onion**, chopped
- 1-2 cloves **garlic**, minced or 1/8 teaspoon garlic powder
- 1 **red bell pepper**, chopped
- 1 teaspoon ground **cumin**
- 1 cup uncooked **rice**
- 1 can (15-ounce) **black beans**, drained and rinsed
- 2 cups **water**

Directions:

1. Heat oil over medium-high heat (350 degrees in an electric skillet), sauté sausage and onion until onion is clear.
2. Add remaining ingredients.
3. Bring to boil over high heat, reduce heat to low, cover and simmer for 20 minutes.
4. Refrigerate leftovers within 2-3 hours.

Bright Ideas:

- Add mushrooms or green bell peppers for variation.

Nutrition Facts	
Serving Size 1 Cup (237g)	
Servings Per Container 9	
Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 500mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 7g	
Vitamin A 10%	• Vitamin C 70%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

9 servings, 1 cup each

Source: 1999. Eurelene Reid Beasley, OSU Extension Service, Multnomah County. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu>.