

Cheesy Zucchini Black Bean Skillet

Provided by CalFresh healthy Living, UC Placer/Nevada Counties, and the Auburn Interfaith Food Closet

Recipe type: Main dish, summer

Serves: 4

Prep Time: 15 minutes

Cook Time: 15 minutes



Ingredients

- 1 tablespoon oil
- 1 or 2 cloves of garlic, minced
- 1 1/2 cups cooked rice
- 1 1/2 cups zucchini, quartered lengthwise and sliced
- 1/2 cup green bell pepper, diced
- 1/4 teaspoon crushed red pepper
- 1 can (15 oz.) black beans, drained and rinsed
- 1 can (14.5 oz.) diced tomatoes, undrained
- 1/2 teaspoon salt, to taste
- 1 cup grated cheese

Directions

1. Heat oil in a large skillet over medium heat. Add sliced zucchini, minced garlic, crushed red pepper, diced green bell pepper. Cook 5 minutes, stirring occasionally.
2. Add beans and undrained tomatoes, then salt, to taste. Mix well.
3. Increase the heat to medium high, and add the cooked rice. Stir well.
4. Cover, remove from heat and let stand 7 minutes or until the liquid is absorbed.
5. Uncover, sprinkle the shredded cheese, place the lid back until the cheese is melted.
6. Serve warm.



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