

MRS. GRIMES



RED BEANS



NET WT 15 OZ (425g)

Serving Suggestion

Discover the delicious possibilities of Mrs. Grimes® beans! Use our beans in soups, stews, salads and dips or make a tasty sauce to pour over chicken and meat. Follow our serving suggestions or be creative with your own ideas. For an easy accompaniment to any meal, simply season with your favorite herbs, spices and condiments or try one of the delicious recipes on every Mrs. Grimes product! Mrs. Grimes

Directions: Heat; season to taste; serve.

For Microwave: Empty contents into microwaveable dish; cover and heat 2-3 minutes.

Company Rice with Beans

3 cups cooked rice, hot, 1 table-spoon oil, 1 medium onion, coarsely chopped (2/3 cup), 2 cloves garlic, crushed or finely minced, 2 medium zucchini (about 1/2 pound), coarsely chopped, 1/2 teaspoon oregano, 1 15 oz. can red beans, drained, salt to taste, freshly ground black pepper to taste, 1 cup shredded cheese (e.g. cheddar).

Nutrition Facts

Serving Size 1/2 Cup (130g)

Servings About 3.5

Calories 110

Fat Cal. 5

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 0.5g	0%	Total Carb. 20g	7%
Sat. Fat 0g	0%	Fiber 9g	36%
Trans Fat 0g		Sugars 1g	
Cholest. 0mg	0%	Protein 6g	
Sodium 520mg	22%		
Vitamin A 0% • Vitamin C 2% • Calcium 8% • Iron 10%			

INGREDIENTS: PREPARED BEANS, WATER, SALT, SUGAR, CALCIUM CHLORIDE.

Heat the oil in a large skillet, add the onion and garlic, sauté until soft. Add the tomatoes, zucchini, and oregano. Cover the skillet and simmer the mixture for about five minutes or until the vegetables are crisp-tender. Add the beans and simmer the mixture, stirring occasionally until heated through. Season with salt and pepper as desired. To serve, spoon the vegetable-bean mixture over the hot rice and sprinkle the cheese on top. Serves 4.

We are very interested in any comments from our customers. If you would like additional suggestions or have product information questions, send the code on the can end to Mrs. Grimes Consumer Affairs Department.

DISTRIBUTED BY:
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MRS. GRIMES PROOF OF PURCHASE
15 OZ. RED BEANS

