Roasted Bell Peppers & Beans

Serves: 2
Preparation Time: 30 minutes

INGREDIENTS
- 1 medium bell pepper
- 2 cups cooked or canned beans, drained and rinsed
- 1 teaspoon red chili peppers, crushed
- 1 teaspoon oil

INSTRUCTIONS
1. Preheat oven to 350˚F.
2. Cut bell peppers into bite sized pieces, and take out the seeds. Put on baking sheet, and lightly coat with oil. Roast in oven for 15 minutes, then let cool.
3. In a medium saucepan, mix all ingredients. Cook over medium heat for 10 minutes.

Adapted from the Champions for Change Program

HOW TO USE
Chop it and add it to pasta sauce, salad, or quesadilla; cut it into small pieces as a healthy snack.

STORAGE
Keep it in the refrigerator for up to 5 days.

COLORS
Green, red, yellow, orange.

HELPS SUPPORT
Immune system, digestion, and vision.