

Low-Point Chorizo Ragout (Ragu)

Ingredients:

- 1 tsp. olive oil (and cooking spray if you need extra oil)
- 1/2 can (7 1/2 oz.) black beans (rinsed and drained)
- 4 oz. Chorizo (pork sausage) - I used Hot Mexican Style for this recipe
- 1 green onion, chopped (white and green parts)
- 2 cloves garlic, chopped fine
- 1 cup chopped red bell pepper
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. cumin
- 1 large tomato, chopped
- 1 cup brown, whole-grain rice

Heat olive oil in large skillet. Add onion, garlic, red pepper, salt, pepper, and cumin. Cook for 5 minutes. Add chorizo and cook/stir for 6 minutes until chorizo is fully cooked, breaking up chorizo if it came in links. Add black beans and tomatoes and heat through. Cook rice according to directions. Serve chorizo mixture over rice and enjoy!

Total servings - 3, (1/2 cup servings of chorizo and 1/2 cup servings of rice)

Serving size - 1/2 cup chorizo and rice

Total points - 4.8

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"If you're not thoroughly living, you're slowly dying.
Live like you mean it!" - Anonymous***