

BEAN & VEGETABLE BERSERKER

Nonstick cooking spray	2 c sliced mushrooms
1½ c chopped onion	1 t Italian seasoning
4 garlic cloves, minced	¾ t dried oregano leaves
3 c broccoli florets & sliced stalks	½ t dried thyme leaves
1 can (15 ½ oz) garbanzos, rinsed & drained	salt to taste
1 can (15 oz) black beans, rinsed & drained	pepper to taste
1 can (14 ½ oz) diced tomatoes, undrained	4 c cooked rice

Coat bottom of large skillet with cooking spray; place over medium heat until hot. Sauté onion and garlic about 5 minutes until tender. Add broccoli; cook, covered, over medium heat 5 minutes. Stir in garbanzos, beans, tomatoes, mushrooms, Italian seasoning, oregano and thyme. Heat to boiling. Reduce heat & simmer, covered, 8 to 10 minutes, until broccoli is tender. Season to taste with salt & pepper. Serve over rice.
Servings: Makes 6.

Calories: 296, Carbohydrate: 55 grams, Protein: 14 grams, Fat: 2 grams.