

Crockpot Arroz Con Queso

Ingredients

- 1 1/2 (one and one-half) cups long-grain brown rice
- 2 cups whole fresh tomatoes, chopped
- 1 16-ounce can black beans
- 3 garlic cloves, minced
- 1 large onion, finely chopped
- 2 tablespoons vegetable oil
- 1 cup low-fat cottage cheese
- 1 4-ounce can chopped green chili peppers, drained
- 2 cups shredded low-fat Monterey jack cheese

Method

Mix thoroughly all ingredients except one cup of grated cheese. Pour mixture into well-oiled crock-pot. Cover and cook on low setting for six to nine hours. Just before serving, sprinkle with reserved grated cheese.

Serves eight.