Hearty Rice Skillet

**Ingredients:**

15 oz can  Black, garbanzo, or kidney beans, rinsed and drained
14 oz can  Diced tomatoes
1-2 cans  Vegetables
1 cup  Water
¾ cup  Instant brown rice, uncooked
½ tsp  Dried thyme
4-5 dashes  Hot sauce (optional)
10 oz can  Condensed tomato soup
½ cup  Shredded cheese (optional)

**Directions:**

1. In a large skillet, stir together beans, tomatoes, vegetables, water, uncooked rice, thyme and hot sauce (if desired).
2. Bring to a boil; reduce heat. Cover and simmer for 12-14 minutes or until rice is tender.
4. You could also add in *browned hamburger* to put protein into the meal.