

# Black Beans and Rice

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Beans and rice is an almost perfect blend of healthy foods providing high quality vegetarian protein. This dish is a mildly flavored dish (although you can easily spice it up if you wish) that is easy and quick to make (about 20 minute total).

## Ingredients

| Ingredient               | Qty   | Units  |
|--------------------------|-------|--------|
| Black Beans (15 Oz)      | 1     | Can    |
| Crushed Tomatoes (14 Oz) | 1     | Can    |
| Cummin                   | 1/4   | Tsp    |
| Garlic                   | 3     | Cloves |
| Instant Rice (white)     | 1-1/2 | Cups   |
| Olive Oil                | 3     | Tbs    |
| Onion (medium)           | 1     | Each   |
| Oregano                  | 1     | Tsp    |

## Directions

Heat up 3 Tbs of olive oil in a skillet on medium heat. Dice onions and mince garlic, add to the oil and cook until soft stirring frequently. (about 4minutes).

Stir in 15oz can of black beans (do not drain the beans, you will need the liquid for the rice), 14.5oz can of crushed tomatoes, 1 Tsp of oregano and 1/4 Tsp of cummin, bring to boil.

Stir in 1-1/2 cups of white rice (you can use brown rice if you prefer but the white rice gives the dish more balanced and appealing look.

Reduce to a simmer and cover. Cook for 5 minutes stirring frequently.



## Black Beans and Rice Cooking.

Let stand for five minutes before serving.

Garnish with shredded cheese if desired. A cheddar/jack blend works well or a Mexican blend for more flavor.

Chilli powder or cayenne pepper can be added to the dish to taste while cooking it to spice it up.