

BLACK BEANS AND RICE

- 1 TSP Olive Oil
- 1 Medium Yellow Onion
- 2 Cloves Garlic - Minced
- 3/4 Cup Uncooked White Rice
- 1-1/2 Cups Vegetable (or Chicken) Broth
- 1 TSP Cumin
- 1/4 TSP Cayenne
- 1/4 Cup Chopped Fresh Cilantro
- 1 - 28 oz. Can Black Beans (drained)
- 1 - 14.5 oz. Can Petite Diced Tomatoes

Heat the oil on med-high in a large pot or Dutch oven and cook the onion for 5 minutes then add the garlic and cook for a minute. Add the rice and sauté for 2 minutes.

Add broth, bring it to a boil, then reduce the heat to med-low and simmer for 20 minutes. Add the tomatoes, spices, and black beans, and heat for 5 minutes.