

Black Beans and Rice

Black beans and rice make a great 30-minute vegetarian meal that's filling, delicious, and cheap! Great as a side dish or in a burrito bowl, too.

Prep Time: 5 mins

Cook Time: 25 mins

Total Time: 35 mins

Servings: 6



Ingredients:

- 1 teaspoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- $\frac{3}{4}$ cup uncooked white rice
- 1 $\frac{1}{2}$ cups low sodium, low fat vegetable broth
- 3 $\frac{1}{2}$ cups canned black beans, drained
- 1 teaspoon ground cumin
- $\frac{1}{4}$ teaspoon cayenne pepper

Step 1 – Heat oil in a saucepan over medium-high heat. Add onion and garlic; cook and stir until onion has softened, about 4 minutes. Stir in rice to coat; cook and stir for 2 minutes.

Step 2 – Add vegetable broth and bring to a boil. Cover, reduce to a simmer, and cook until liquid is absorbed, about 20 minutes.

Step 3 – Stir in beans, cumin, and cayenne; cook until beans are warmed through.