

## BLACK BEANS AND RICE

**YIELD:** 6 servings

**TIME:** Prep = 10 minutes  
Total = 35 minutes

### INGREDIENTS

- 1 c. Uncooked long-grain white rice
- 1 T. Olive oil
- 1 Bell pepper, sliced (try half red/green)
- 3 cloves Garlic, minced
- 2-16oz. Cans black beans, rinsed and drained
- 2 T. Vinegar (white or red-wine)
- 1 t. Oregano, dried
- Salt, pepper, & chili powder to taste
- Lime wedges and chopped cilantro, garnish

### DIRECTIONS

1. Cook the rice according to manufacture instructions (typically 15 minutes cook time and 10 minutes to sit & steam)
2. Heat oil in a large skillet and sauté the bell pepper and onion for 3-4 minutes. Add garlic, then cook 1 additional minute.
3. Add beans, vinegar, chili powder, salt and pepper. Cover and reduce the heat to simmer for 5 minutes.
4. Add rice and oregano, and then salt and pepper to taste.
5. Serve with lime and cilantro.

## BLACK BEANS AND RICE

**YIELD:** 6 servings

**TIME:** Prep = 10 minutes  
Total = 35 minutes

### INGREDIENTS

- 1 c. Uncooked long-grain white rice
- 1 T. Olive oil
- 1 Bell pepper, sliced (try half red/green)
- 3 cloves Garlic, minced
- 2-16oz. Cans black beans, rinsed and drained
- 2 T. Vinegar (white or red-wine)
- 1 t. Oregano, dried
- Salt, pepper, & chili powder to taste
- Lime wedges and chopped cilantro, garnish

### DIRECTIONS

1. Cook the rice according to manufacture instructions (typically 15 minutes cook time and 10 minutes to sit & steam)
2. Heat oil in a large skillet and sauté the bell pepper and onion for 3-4 minutes. Add garlic, then cook 1 additional minute.
3. Add beans, vinegar, chili powder, salt and pepper. Cover and reduce the heat to simmer for 5 minutes.
4. Add rice and oregano, and then salt and pepper to taste.
5. Serve with lime and cilantro.

## BLACK BEANS AND RICE

**YIELD:** 6 servings

**TIME:** Prep = 10 minutes  
Total = 35 minutes

### INGREDIENTS

- 1 c. Uncooked long-grain white rice
- 1 T. Olive oil
- 1 Bell pepper, sliced (try half red/green)
- 3 cloves Garlic, minced
- 2-16oz. Cans black beans, rinsed and drained
- 2 T. Vinegar (white or red-wine)
- 1 t. Oregano, dried
- Salt, pepper, & chili powder to taste
- Lime wedges and chopped cilantro, garnish

### DIRECTIONS

1. Cook the rice according to manufacture instructions (typically 15 minutes cook time and 10 minutes to sit & steam)
2. Heat oil in a large skillet and sauté the bell pepper and onion for 3-4 minutes. Add garlic, then cook 1 additional minute.
3. Add beans, vinegar, chili powder, salt and pepper. Cover and reduce the heat to simmer for 5 minutes.
4. Add rice and oregano, and then salt and pepper to taste.
5. Serve with lime and cilantro.