



Black bean Rice

Ingredients

- 1 tsp olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- $\frac{3}{4}$ cup uncooked white rice
- $1\frac{1}{2}$ cups low-sodium vegetable broth
- $3\frac{1}{2}$ cups canned black beans, drained
- 1 tsp ground cumin
- $\frac{1}{4}$ tsp cayenne pepper (*optional for heat*)

Instructions

- **Sauté Aromatics:**

Heat the olive oil in a medium saucepan over **medium-high heat**.

Add the chopped onion and garlic. Cook, stirring frequently, for about **4 minutes**, or until the onion is soft and translucent.

- **Toast the Rice:**

Stir in the uncooked rice to coat it with the oil and aromatics.

Cook for **2 minutes**, stirring occasionally, to lightly toast the rice.

- **Simmer the Rice:**

Pour in the vegetable broth and bring the mixture to a boil.

Once boiling, reduce the heat to **low**, cover, and simmer for **about 20 minutes**, or until the rice is tender and the liquid is absorbed.

- **Add the Beans & Spices:**

Stir in the drained black beans, cumin, and cayenne pepper.

Cook for **2–3 minutes**, stirring occasionally, until the beans are warmed through.

- **Serve:**

Fluff the rice with a fork and serve hot. Enjoy on its own or as a base for tacos, burritos, or bowls.