Black Beans and Rice

Grocery List

* 1 ½ C Long Grain White Rice
* ½ 796 ml can Diced Tomatoes
* 10-15 Halved Grape Tomatoes
* 1 590 ml can Black Beans, drained and rinsed
* 2 ½ C Low Sodium Vegetable Stock
* Olive Oil (for frying)
* Tbsp Unsalted Butter
* Medium Red Onion, diced
* ½ Yellow Onion, diced
* 3 cloves Garlic, chopped
* Salt / Pepper
* Pinch Dried Oregano
* ½ Tbsp Cumin
* ½ Tbsp Cayenne Pepper
* Fresh Cilantro, chopped
* 3 or 4 Green Onions, diced (light and dark green parts)

Prep Time: 20 Min

Cook Time: 35 Min



1. Coat a large frying pan in olive oil and toss in the butter, heat on medium.
2. Add the onions and a pinch of salt and fry for 5 minutes, stirring often. Add in the garlic and fry for another 2 minutes. Stir in the rice and continue cooking for 5 minutes stirring often. (Don’t let the rice burn.)
3. Add the stock, tomatoes, beans, oregano, cumin, cayenne, and a couple cracks of pepper /sea salt. Bring to a boil on high heat. Reduce heat to low – medium and cover. Simmer for 25 minutes stirring occasionally. (TASTE TEST after 20 minutes and check for crunchy bits, add stock / tomato juice if needed.)
4. Remove from heat and stir in chopped green onions. Transfer to service bowl and garnish with chopped cilantro.