

Black Beans and Rice

Ingredients

1 teaspoon olive oil

1 onion, chopped

2 cloves garlic, minced

3/4 cup uncooked white rice

1 1/2 cups low-sodium, low-fat vegetable broth

1 teaspoon ground cumin

1/4 teaspoon cayenne pepper

3 1/2 cups canned black beans, drained

Directions

1-In a stockpot over medium-high heat, heat the oil. Add the onion and garlic and saute for 4 minutes. Add the rice and saute for 2 minutes.

2-Add the vegetable broth, bring to a boil, cover and lower the heat and cook for 20 minutes. Add the spices and black beans.

Source:allrecipes.com