

## Side Dishes

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# Black Beans and Rice II

Try-Foods International - Apopka, FL

**Servings: 6**

**Preparation Time: 15 minutes**

**Cook time: 30 minutes**

*It's not necessary to wash the rice before cooking. When the rice is cooked, fluff with a fork to allow steam to escape and to separate the grains.*

**1/2 cup onion, chopped**

**1/2 cup red bell pepper, chopped**

**2 cloves garlic, minced**

**2 tablespoons vegetable oil**

**3 cups chicken broth**

**2 cups canned black beans, rinsed and drained**

**2 ripe plum tomatoes, seeded and chopped**

**1 cup long-grain white rice**

**1 teaspoon ground cumin**

**2 tablespoons fresh cilantro, chopped**

In a large, deep skillet over medium-high heat, saute' the onion, bell pepper and garlic in oil for 5 minutes or until the vegetables are tender.

Add the chicken broth, black beans and tomatoes.

Reduce the heat. Simmer for 5 minutes, stirring frequently.

Add the rice, cumin, salt and pepper to taste.

Cover and simmer over low heat for 15 to 20 minutes or until the rice is tender.

Top with the fresh cilantro and serve.

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Per Serving (excluding unknown items): 256 Calories; 6g Fat (22.4% calories from fat); 10g Protein; 39g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 651mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.