

## Side Dish

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# Black Beans and Rice

Dash Magazine

**Servings: 4**

**Preparation Time: 10 minutes**

**Start to Finish Time: 25 minutes**

**2 tablespoons vegetable oil**

**1 onion, chopped**

**2 bell peppers, chopped**

**1 teaspoon chili powder**

**salt to taste**

**pepper to taste**

**1/2 cup long-grain white rice**

**1 can (14 oz) black beans, drained and rinsed**

**1 1/4 cups water**

Heat oil over medium high. Add onion and peppers. Saute' until soft, 6 to 7 minutes. Stir in chili powder and season with salt and pepper; cook 1 minute more.

Stir in rice; add beans and cover with water. Bring to a boil. Cover; simmer 12 to 15 minutes.

Remove from heat; let stand 5 minutes, covered.

Fluff mixture; serve with sour cream and green onions, if desired.

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Per Serving (excluding unknown items): 338 Calories; 8g Fat (20.7% calories from fat); 13g Protein; 55g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat.