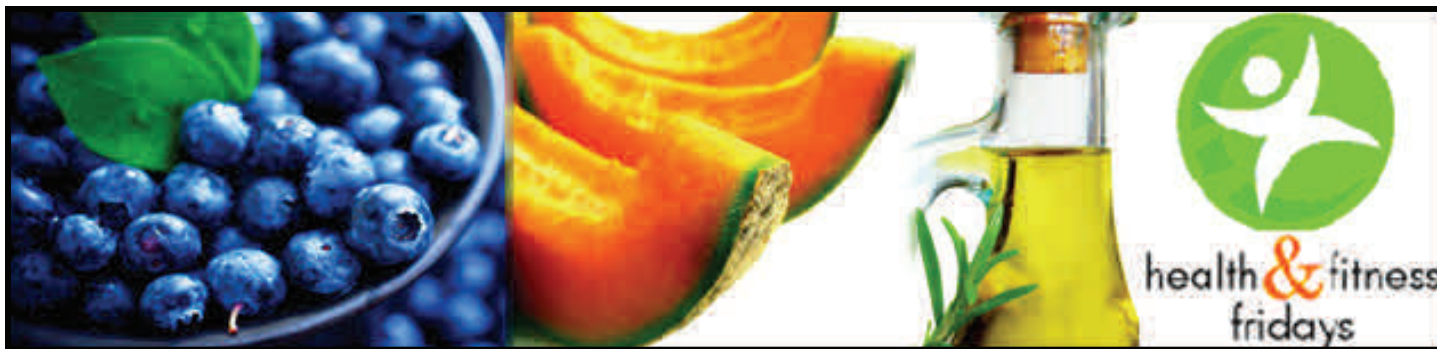




UCI Living Well... Your Worklife & Wellness Program by Dyan Hall

Black Beans & Rice

Ingredients

Serves 4-6

For Rice

- 1/4 cup of olive oil
- 1 medium white or yellow onion, diced
- 4 cloves of garlic, minced
- 2 teaspoons cumin
- 1 cup of white long grain rice
- 14 ounces can of black beans (with juices)
- 2 cups of water
- 1/4 cup of apple cider vinegar
- 14 ounces can of diced tomatoes, with juices
- 2 teaspoons creole seasoning
- 1 teaspoon of ground black pepper



Directions

1. In medium pot, add your olive oil, onion, and garlic, and cook over medium to high heat. Once the onions begin to turn brown, add the cumin. Sauté for a good 1- 2 more minutes. Add rice and mix well.
2. Add beans, water, vinegar, tomatoes, creole seasoning, and pepper, and stir well.
3. Bring the mixture up to a boil, making sure to stir. Cover and reduce heat to a low/simmer. Cook for 30 minutes without removing the lid.
4. Turn off the heat and allow the rice to sit covered for 10 minutes before fluffing with a fork.