

## Black Beans and Rice

### Ingredients:

- 1 teaspoon vegetable oil
- 1 medium onion, chopped
- 2 bay leaves
- 4 cloves garlic, minced
- 2 (15 oz.) cans black beans, drained and rinsed
- 1 tbsp. cilantro
- 15 ounces low sodium tomatoes, canned, diced
- 10 ounces corn, frozen, thawed
- 1/2 tsp. cumin
- 1/2 tsp. chili powder
- Red pepper flakes to taste (optional)
- 2 cups brown rice, medium-grain, cooked
- 1/2 cup cheddar cheese, low-fat, shredded

### Equipment:

- Colander
- Cutting board
- Knife
- Can opener
- Non stick skillet

Number of Servings: 8  
 Prep Time: 20 minutes  
 Total Time: 20 minutes

### Directions

1. Rinse beans with water in colander to remove sodium.
2. Sauté onions, garlic, and bay leaves in oil in large non stick skillet. Cook until onions are translucent.
3. Add black beans, cilantro, tomatoes, cumin, chili powder, red pepper flakes, and corn.
4. Simmer until heated through and flavors meld. Remove Bay leaves.
5. Pour bean mixture over the rice.
6. Sprinkle cheese over the beans.

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### Nutrition Facts

Serving Size: 3/4 cup			
Servings: 8			
Amount Per Serving		Calories from Fat 36	
Calories 602			
		%Daily Value*	
Total Fat	4g		7%
Saturated Fat	1g		5%
Cholesterol	1mg		0%
Sodium	60mg		2%
Total Carbohydrate	114g		38%
Dietary Fiber	19g		75%
Protein	30g		60%
Vitamin A	10%	Vitamin C	21%
Iron	38%	Calcium	20%

\*Percent Daily Values are based on a 2,000 calorie diet.

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