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

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.

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

Nutrition Facts
Serving Size: 3/4 cup
Servings: 8
Calories 602
Calories from Fat 36
%Daily Value
Total Fat 4g 7%
Saturated Fat 1g 5%
Cholesterol 1mg 0%
Sodium 860mg 2%
Total Carbohydrate 114g 36%
Dietary Fiber 19g 75%
Protein 30g 60%

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