
Rice with Black Beans

Serves 4

Quantity	Ingredients	Preparation Notes
1 Tbsp	Oil	
1 med	Onion, chopped	• Heat oil in large skillet over medium heat
2	Cloves Garlic, minced	• Add onion and garlic
1-14 1/2 oz Can	Stewed Tomatoes	• Cook and stir until tender but not browned
1-15 oz can	Black Beans, rinsed and drained	• Stir in tomatoes, beans, water and oregano
2/3 C	Water	• Bring to a boil
1 tsp	Dried Oregano	• Stir in rice
1 1/2 C	Instant Brown Rice, uncooked	• Reduce heat to low, cover and simmer for 5 minutes
		• Remove from heat
		• Let stand 5 minutes before serving.