



Brown Rice and Black Bean Salad

Jacob · 30/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

2 hrs

Description

This is one of our summer staples It goes together quickly and easily its good for you and yummy Its also very versatile The first night its a standalone salad the second night heat a portion in a pan with an additional canned veggie and its a side dish If you have a favorite veggie add that if you hate corn leave it out Have fun and eat without guilt

Ingredients

- - 1 ½ cups uncooked brown rice - 3 cups water - 1 tablespoon extra virgin olive oil - ½ teaspoon salt - 1 (14.5 ounce) can collard greens
- drained - 1 (15 ounce) can black beans
- rinsed and drained - 1 (15 ounce) can green peas
- rinsed and drained - 1 (15.25 ounce) can corn kernels
- drained - 1 (4 ounce) can chopped green chilies - 1 (4 ounce) can sliced black olives - 1 (14.5 ounce) can Italian-style tomatoes
- undrained and chopped - salt and freshly ground black pepper to taste

Instructions

1. Bring the brown rice
2. water
3. olive oil
4. and 1/2 teaspoon salt to a boil in a saucepan. Reduce heat to medium-low
5. cover
6. and simmer until the rice is tender and the liquid has been absorbed
7. 45 to 50 minutes. Scrape into a mixing bowl
8. fluff with a fork
9. and refrigerate to room temperature. Stir the collard greens
10. black beans
11. green peas
12. corn
13. green chiles
14. olives
15. and tomatoes into the cooled rice until evenly mixed. Season to taste with salt and pepper before serving.