

Quick Black Beans and Rice

Jacob · 28/09/2024

**Prep Time**

5 mins

Difficult

Medium

Servings

25 mins

Description

An easy rice and beans recipe Some say beans and rice make the most nutritious and wellbalanced meal in the world Try adding your favorite chutney or salsa to this dish when you serve it

Ingredients

- - 1 tablespoon vegetable oil - 1 onion
- chopped - 1 (15 ounce) can black beans
- undrained - 1 (14.5 ounce) can stewed tomatoes - 1 teaspoon dried oregano - ½ teaspoon garlic powder - 1 ½ cups uncooked instant brown rice

Instructions

1. Heat oil over medium-high in a large saucepan. Add onion; cook and stir until tender. Add beans
2. tomatoes
3. oregano
4. and garlic powder. Bring to a boil. Stir in rice. Cover; reduce heat and simmer for 5 minutes. Remove from heat; let stand 5 minutes before serving.