Black Beans and Brown Rice

Makes 5 (1-cup) servings

1 cup brown rice
¼ teaspoon tumeric or annatto (spices that give a yellow color to the rice)
2 cups water or low-sodium broth
2 teaspoons olive or canola oil
1 medium onion, diced
1 green or red bell pepper, diced
2 cloves garlic, minced (or ½ teaspoon powdered garlic)
2 (15-ounce) cans no-salt-added black beans (or any kind of bean), drained and rinsed
1- 1 ½ cups water or low-sodium broth
1½ teaspoons cumin
¼ teaspoon ground pepper
¼ teaspoon salt
¼ teaspoon cayenne pepper (optional)
2-4 tablespoons fresh cilantro, chopped (optional)
2 scallions, chopped, for garnish (optional)

Directions:
1. In a medium sauce pan, bring water to a boil, add brown rice and tumeric, reduce heat and simmer for 30-40 minutes, until water is absorbed and rice is tender. Keep warm.
2. Heat oil in a stockpot over medium-high heat. Add the onion, pepper and garlic and saute for 4 minutes. Add the beans, water, cumin, pepper, salt, cayenne pepper, and simmer 20-30 minutes. Stir in cilantro.

Nutritional Information per serving (¾ cup beans and ½ cup rice):
Calories: 253 Carbohydrates: 53g
Total Fat: 1g Cholesterol: 0mg
Saturated Fat: 0g Dietary Fiber: 10g
Sodium: 324mg Protein: 9g