

Rice and Black Bean Dinner

Ingredients:

1/4 teaspoon cayenne pepper
salt and pepper to taste
1 cup frozen corn kernels
2 (15 oz) cans black beans, rinsed and drained
1/2 cup chopped cilantro
1 teaspoon vegetable oil
1 onion, chopped
1 teaspoon minced garlic
3/4 cup uncooked rice
1 1/2 cups vegetable broth
1 teaspoon ground cumin



Directions:

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and sauté until lightly browned.
2. Heat water to boiling. Add bouillon cubes to make vegetable broth.
3. Add rice and seasonings to sauce pan and cover with vegetable broth. Bring mixture to a boil, reduce heat, and cover. Simmer for 40 minutes or until rice is done.
4. Stir frozen corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the drained black beans.