

## BLACK BEANS AND RICE



2 T corn oil

1 cup chopped onion

\* ½ tsp garlic powder

\*2 15 oz cans black beans

1 tsp dried cilantro

1 14 oz can tomatoes

½ tsp cumin

\* ½ tsp chili powder

\*1 lb can niblet corn, drained

½ cup jalapeno jack cheese, shredded  
hot cooked rice (see recipe, pg 34)

Heat corn oil in saucepan over medium heat. Brown ¾ cup onion and garlic powder until onion is soft. Add black beans, cilantro, tomatoes, cumin, chili powder, and corn. Simmer 20 minutes.

For each serving, scoop some rice into a bowl. Spoon bean mixture on top. Top with chopped onions and cheese.

Serves 6

\* *Read label for hidden ingredients*