

One-Pot Rice and Beans

Serves 4

- 2 T olive oil
- 1 yellow onion, chopped
- 420 ml chicken or vegetable stock or water
- 1 tsp salt
- Cumin & oregano
- 195 g long-grain rice
- 1 can black beans
- Lime wedges or cilantro leaves, for garnish (optional)
- Add: diced celery, red pepper, jalapeno and garlic



1. In a Dutch oven with a tight-fitting lid, warm the **olive oil** over **medium heat**.
2. Add **onion** and sauté until translucent, **about 3 minutes**.
3. Add the **stock**, cover and bring to a simmer on **med. heat**.
4. Add the **salt, rice** and **beans** (including the liquid). Stir once just to combine, then cover.
5. Turn the heat down as **low** as it will go (use IH cooker), then let simmer, undisturbed, **for 18 to 20 minutes**.
6. Remove from heat and let **sit for 4 minutes**, then fluff with a fork.
7. Season to taste with **salt** and **pepper**, then garnish with **lime** or **cilantro**.