

Black Beans & Rice



Enjoy this simple Caribbean classic. If you want to get fancy, try adding chicken or pork. Or sauté some fresh chopped onion and garlic, instead of the powders.

Ingredients:

- 1 can beans (drained)
- 1 cup dry rice
- 1 can chicken broth
- About 1 tbsp. oil (olive or vegetable)
- Spices (cumin, chili powder, garlic powder, onion powder, salt), to taste

Directions:

- 1.) Add oil and broth to a pan. Heat until boiling.
- 2.) Add other ingredients. Cook for about 20 minutes.