



MEXICAN-STYLE BLACK BEANS AND RICE WITH VEGGIES

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September 1, 2018

A Latin flair can add tons of flavor to any dish. Take plain brown rice to new heights with the addition of cumin, garlic, and cilantro. Black beans and tomatoes finish the dish with a load of protein and vitamins and minerals. Easy to make and enjoy as a meal or as a side dish.

1 cup	brown rice
1 ½ cup	water
1 tsp	salt
1 large	bell pepper, any color will do – diced
2 small	mild jalapenos, seeded and deveined**
1 medium	onion – diced
2 – 3 cloves	garlic, minced finely
1 Tbsp	ground cumin
1 can	15 oz black beans **
2 large	tomatoes, diced **
2 ears	Fresh corn removed from the cob **
1 handful	Minced cilantro or parsley
Optional	Diced avocado for garnish
	Salt/pepper to taste



1. Add the rice, water and salt to a large sauce pot, and cook for approximately 15 minutes, until most of the water has been absorbed. The juice from the tomatoes will absorb into the rice too.
2. While the rice cooks, sauté the onions, pepper and garlic on medium heat until the onions are translucent.
3. Add the cumin and cook for a minute or two, careful not to burn.
4. Add the black beans, diced tomatoes and fresh corn. Cook for about 5 minutes.
5. When the corn is cooked, add this entire mixture to the cooked brown rice. Stir well and let sit on very low heat for about 10 minutes, stirring occasionally. Adjust salt or spice to your taste.
6. Add the cilantro or parsley and stir well. Top with dice avocado if desired. Ready to serve!

Maggie's Notes:

- ** You can use canned diced tomatoes and frozen corn, and canned pickled jalapenos. Use two cans of beans if you like. Watch salt if you used canned goods.
- To make it a meal, add some shrimp or chicken.
- Add other vegetables like grated carrots, or even diced sweet potato. Just at step 4 and cook until just tender.
- For those who like it spicy, leave the seeds and veins in the jalapenos, or add 1 tsp of red pepper flakes.

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