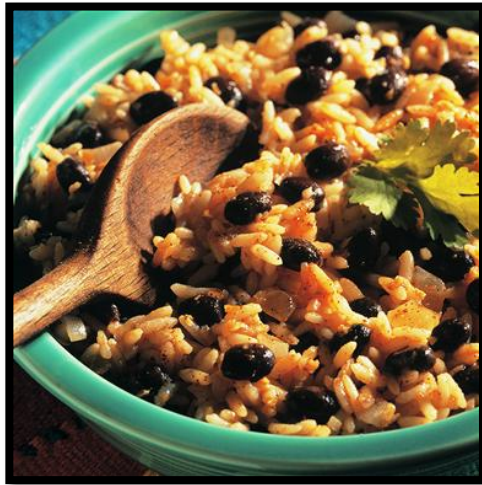


Dirty Black Beans & Rice



- 1 yellow onion, chopped
- 4 cloves garlic, chopped
- 2 cans spicy black beans [found with the Mexican food items at Whole Foods]
- 2 cups brown rice
- 2 tbsp olive oil
- 6 cups vegetable stock
- 1 tsp salt
- 1 tsp pepper
- 2 tsp Cajun seasoning
- 1 tsp chili powder

1. Bring 5 cups of vegetable stock to boil, add rice, reduce to simmer and cook until water is absorbed.
2. Sauté onion and garlic in oil in large sauce pan until tender. Add 1 cup vegetable stock, black beans, and seasoning/spices. Simmer for 5-10 minutes.
3. When rice is cooked, combine with beans and mix well.

Yield: 6-8 servings

From: The Ditzell House