

## Beans & Rice

 THE LUNCH ROOM **Recipe Box**

### CUBAN BLACK BEANS INGREDIENTS

2 cups dried black beans, soaked overnight  
2 bay leaves  
1 ½ teaspoons ground cumin  
1 ½ teaspoons dried oregano  
Dash of cayenne  
2 teaspoons salt  
1 large yellow onion, diced  
1 large green pepper, diced  
3 garlic cloves, minced  
4 teaspoons lime juice  
8-ounce can of corn (or frozen), drained

### CUMIN-LIME RICE INGREDIENTS

2 cups brown basmati rice  
3 ½ cups water  
1 ½ teaspoons cumin seeds  
1 tablespoon lime juice  
½ teaspoon salt

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### BEANS DIRECTIONS

1. Drain the soaking beans and put them in a pot. Add water to a level about 2 inches higher than the beans.
2. Add the bay leaves, cumin, oregano, cayenne and salt to the pot, stir, and bring to a boil. Boil for approximately one hour.
3. Reduce the heat to low and stir in the diced yellow onion, diced green pepper, and minced garlic. Simmer for an hour and a half or until the beans are very tender. Add more water as necessary, to keep the beans covered.
4. When beans are tender, remove from heat and pour into a colander over the sink to drain the water.
5. Place the drained beans/veggie mixture in a bowl. Remove the bay leaves and stir in corn and lime juice. Add a pinch more salt and cumin, to taste.

### RICE DIRECTIONS

(Note: these directions are for use with a rice cooker. If you are using a stovetop method, or a different type of rice, consult the rice package for rice:water ratio and cooking procedure.)

1. Place the rice and water in the rice cooker pot.
2. Toast the cumin seeds in a pan over medium heat for about 2 minutes, shaking the pan frequently.
3. Add the toasted cumin seeds, lime juice and salt to the rice cooker pot (or stovetop pot) and cook away!