

# Quick Black Beans & Rice



Try this easy and healthy version of black beans and rice!



Recipe courtesy of allrecipes.com

Ingredients – Serves 4

- 1 TBSP vegetable oil (can sub olive oil)
- 1 onion, chopped
- 1 (15 oz) can black beans, undrained
- 1 (14.5 oz) can stewed tomatoes
- 1 tsp dried oregano
- ½ tsp garlic powder
- 1 ½ c uncooked instant brown rice

**\*Cooking directions on back side**



## Directions

In large saucepan, heat oil over medium-high. Add onion, cook and stir until tender. Add beans, tomatoes, oregano and garlic powder. Bring to a boil; stir in rice. Cover; reduce heat and simmer 5 minutes. Remove from heat; let stand 5 minutes before serving.