

Spicy Black Beans and Rice

1 tbsp olive oil
1 onion, chopped
2 cloves garlic, chopped
3/4 cup long-cooking rice, uncooked
1 1/2 cups chicken broth
1 tsp cumin
1/4 tsp cayenne
1/4 tsp garlic powder
1/8 tsp paprika
1 (15 1/2 oz) can black beans, rinsed and drained
1 (15 1/2 oz) can diced tomatoes

Heat the oil in a stockpot over medium-high heat. Add onion and garlic and saute for 4 minutes. Add uncooked rice and saute for 2 minutes. Stir in the broth and seasonings. Bring to a boil and reduce heat to low. Cover and cook for 20 minutes. Stir in the beans and diced tomatoes and cook for another 5 to 10 minutes until heated through.

Makes 8 servings.

Happy Cooking!

Nancy

Recipe printed from [A Recipe A Day](#)