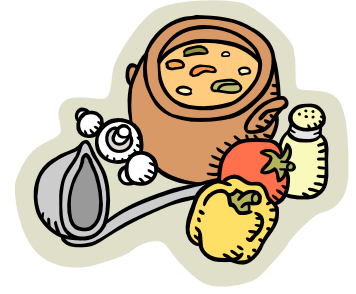


# Beans 'N' Rice



1. In a large pot, add:  
water 3 cups
2. Stir in:  
parboiled rice, uncooked  $1\frac{1}{2}$  cups  
Bring to a boil again. Turn heat to very low and cover. Cook for 15-20 minutes. Don't lift cover to peak until time is up. Set aside.
3. In a separate large pot or saucepan add:  
canola oil 1 teaspoon  
Heat on medium heat.
4. Add:  
onion, finely chopped 1  
garlic (optional) 1 clove OR 1 tsp garlic powder  
Cook until onion is tender, stirring occasionally for about 5 minutes.
5. Add  
chili powder 1 teaspoon  
ground cumin  $\frac{1}{2}$  teaspoon  
celery seed  $\frac{1}{8}$  teaspoon  
ground black pepper  $\frac{1}{4}$  teaspoon  
 Worcestershire sauce 1 teaspoon  
tomatoes, diced, canned 1 can (19 oz or 540 mL)  
black beans 1 can  
cooked rice

**Tip:** for extra flavor, add 1 chopped green pepper and cook 2 minutes.

Bring to boil and simmer for 20 minutes or until most of the liquid evaporates.

-Serve with grated cheese and pita bread.

**Serves 6**