

Southwestern Beans and Rice

30 MINS 4 SERVINGS

INGREDIENTS

- 1 Tbsp olive oil
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 cup uncooked white rice
- 2 cups chicken broth, or vegetable broth
- 15 oz can black beans, drained
- 1 15oz. can Pasta Hunts Sauce
- 1 cup frozen corn
- salt and black pepper, to taste
- 2 tsp ground cumin
- 1/4 tsp paprika, optional
- 1/4 tsp cayenne pepper, optional
- 2 tsp lime juice, optional



Adapted from: Plated Cravings
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PROCEDURE

1. In a stockpot over medium heat, heat the oil. Add the onion and sauté for 4 minutes. Add the rice and garlic, stir to coat the rice and sauté for 2 minutes.
2. Add the chicken broth, black beans, Pasta Hunts Sauce, corn, salt, pepper, cumin, and paprika, bring to a simmer, cover and lower the heat to medium-low and cook for 20-25 minutes, until rice is cooked.
3. Optional: Add lime juice and season to taste with salt and pepper. Serve garnished with cilantro, sour cream, and shredded cheese.



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