



Rice and beans

A simple lunch or dinner using pantry staples and available vegetables. Serves 2.



INGREDIENTS

- 1 cup cooked brown rice (1/2 cup of uncooked)
- 1/2 of a 420g can corn kernels, no added salt, rinsed
- 1/2 of a 420g can diced tomatoes, no added salt, rinsed
- 1/2 cup water
- 420g can black beans, no added salt (other canned beans, such as kidney beans, can be used)
- 1 diced brown onion
- 2 crushed cloves garlic
- Additional diced vegetables as per availability e.g. zucchini, capsicum, mushrooms, frozen mixed vegetables
- 1/2 tsp cumin (optional)
- 1/2 tsp cayenne pepper (optional)



METHOD

- Continuously stir onion and garlic in a large fry pan for 2 minutes, add a splash of water to loosen in pan if required.
- Stir in additional vegetables. Once soft and brown, add all other ingredients.