

Black Beans and Rice

From

David Nuno & Mamma Nuno

Ingredients:

- 1 medium size onion finely chopped
- 1 medium size green pepper seeded & quartered
- 2 Teaspoons Goya minced Garlic
- 2 16-ounce cans of GOYA black beans
- 2 cups Goya white rice
- 2 teaspoons salt
- 1 bay leaf
- 2 tablespoons Goya olive oil
- ¼ teaspoon Goya ground cumin
- Freshly ground pepper to taste
- 2 cups of water

Instructions

- Heat 2 tablespoons of olive oil, add the onion, bell pepper and garlic and cook until tender.
- Add the remaining ingredients and bring mixture to boil.
- Reduce heat and simmer until rice absorbs water, and stir with fork, cover and cook for about 20 minutes.