



Black Beans and Rice

SERVINGS 8 ⌚ **PREP TIME** 5 min **COOK TIME** 25 min

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 5 cloves garlic, minced
- 1 1/2 teaspoons **La Fe ground cumin**
- 2 cup uncooked **La Fe jasmine rice**
- 4 cups chicken broth (or stock)
- Two 14oz cans **La Fe black beans**, drained and rinsed
- 3-4 tablespoons **La Fe lime juice**, (adjust to your tastes)
- 4 tablespoons finely chopped coriander (or parsley), to garnish

DIRECTIONS

1. Heat oil in a saucepan over medium-high heat. Add the onion and sauté. Add the garlic and sauté for another minute. Add in the **La Fe cumin** and **La Fe Jasmine rice**, mix the flavours through and sauté for roughly one more minute.
2. Pour in the broth and **La Fe Black Beans**, bring the mixture to a boil, cover, reduce heat and simmer for approximately 20 minutes, or until the rice is tender (stirring half way through).
3. Remove from heat and drizzle with a small amount of olive oil (about 2 teaspoons), **La Fe lime juice** and cilantro.
4. Enjoy!