

## Easy Black Beans and Rice



- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 bell pepper, chopped
- 5 cloves garlic, minced (or ½ teaspoon garlic powder)
- ½ teaspoon chili powder
- 1 (15-ounce) can diced tomatoes with their liquid
- 2 (15-ounce) cans black beans, drained
- Salt and pepper, to taste
- Brown rice, cooked

Heat oil in a large skillet over medium heat. Add onion; cook 5 minutes. Add bell pepper, garlic and chili powder and cook another 2 minutes. Reduce heat to low, add diced tomatoes in liquid. Simmer 15 minutes. Add beans; simmer 5 minutes to heat through. Add salt and pepper to taste. Serve over brown rice.

Makes 4 cups.

Recipe adapted from Whole Foods Market

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