

Black Beans (over Cilantro Lime Rice)

Serves 6-8

Time to cook: 8 hours (crockpot)

Black Beans:

6 cups water

12 oz. dry black beans (rinsed, drained)*

1 large onion, chopped

1/3 c. fresh cilantro, chopped or 1-2 tsps dry

1 medium jalapeno, diced

4 large cloves garlic, chopped or 1 Tablespoon dried minced garlic*

2 Tablespoons chicken bouillon*

1 Tablespoon cumin*

1 teaspoon black pepper*

2 Tablespoon apple cider vinegar*

Salt (to taste)*

Combine all ingredients, except cider vinegar and salt, in a 4 qt. slow cooker and cook on HIGH until tender. Stirring occasionally they will take at least 8 hours.

Half an hour before serving, add the vinegar, taste and add salt as needed. Smash some of the beans with a potato masher to thicken up slightly. Serve over Cilantro Lime Rice with chopped lettuce, salsa and sour cream or Greek yogurt.

Cilantro Lime Rice

Serves 8

Time to cook: 40 minutes

4 cups water

2 cups brown rice*

1 cup fresh cilantro, chopped or 1-2 Tablespoons dried

1 Tablespoon lime juice*

1 1/2 teaspoons salt*

1 teaspoon onion powder*

1/8 teaspoon stevia powder (or 1 teaspoon honey* or 1 teaspoon sugar)

1/2 teaspoon (scant) pepper*

Bring water to a boil in a saucepan on the stove. Add the rice, stir, cover, return to a boil, then reduce the heat and simmer 30 minutes or until the rice is soft. (Don't remove the lid or stir during that time). If after 30 minutes the rice hasn't absorbed most of the water and isn't puffed up cook a little longer.

Drain any remaining water.

Add the remaining ingredients to the cooked rice and fluff together with a fork. Try not to over stir as that tends to make the rice sticky.

Approximate caloric intake on a serving of beans with rice:

1 each: 327 calories, 7g fat (1g saturated fat), 0 cholesterol, 324mg sodium, 55g carbohydrate (6g sugars, 11g fiber), 12g protein

Items with a star behind them are available at the Countryside Co-op.

