

BLACK BEANS AND RICE

(Heather)

2 cans black beans

1 cup salsa

1-2 tsp. cumin

to serve:

cooked brown rice

grated cheese

Get the rice started -- I use a rice cooker which means I just throw in rice and water, turn on the cooker and leave it until we are ready to eat.

Dump the beans and salsa into a saucepan. Add cumin to taste and heat through.

Serve over cooked rice with grated cheese on top. If you want to get fancy you can add other toppings such as chopped tomato, chopped onion, sour-cream, chopped avocado, chopped cucumber, shredded lettuce, or sliced black olives.

Serves 4-6.

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