

BLACK BEANS AND RICE WITH FRESH APPLE SALSA

(slightly adapted from *Bon Appetit*, January 2012)

from *The Cooks Next Door*

1 c. chopped apple (I used Fuji because that's what I had on hand, though Granny Smith was the original suggestion)
1/2 c. chopped fresh cilantro, divided
1/3 c. finely chopped red onion, divided
1 1/2 tsp lime juice
1/2 c. finely chopped bell pepper
2 Tbsp olive oil
3 cloves garlic, minced
1 1/2 tsp chili powder
1 tsp ground cumin
1/2 tsp dried oregano
dash of red pepper flakes
3 c. chicken broth or water
2 15 oz. cans black beans, rinsed and drained
4 c. cooked brown rice

For the salsa: combine apple, 1/4 cup cilantro, 2 Tbsp onion, and lime juice in a small bowl. Toss to coat. Set aside.

Combine remaining onion, bell pepper, and oil in a large skillet over medium heat. Cook, stirring often, until completely softened, 6-7 minutes. Add garlic, chili powder, cumin, oregano, and red pepper flakes; stir constantly for 2 minutes. Stir in broth or water and beans; bring to a boil. Reduce heat to medium and simmer briskly, mashing about half the beans with a potato masher or the back of a spoon, until sauce is thickened, 8-10 minutes. Season with salt and pepper.

On plates layer rice, beans, and apple salsa. Top each with cilantro and serve with lime wedges.