

Fiesta Brown Rice with Black Beans

Portion	Ingredient	<u>32 (1/2 c)</u> <u>Servings*</u> Amounts	For Servings	Directions
	Olive oil Corn, frozen, thawed Margarine Green onions, sliced thinly Brown rice, uncooked Cumin, ground Garlic, fresh, minced* Chicken broth, fat-free, less-sodium Black pepper Salt Tomatoes, cnd,diced with chiles Black beans, rinsed and drained Cilantro, fresh, chopped Lime juice	1 Tbsp 1 ¼ lb 2 Tbsp 2 c 3 c 2 tsp 2 tsp 1 qt ¼ tsp 1/8 tsp 30 oz 30 oz 1 c 2 Tbsp		<ol style="list-style-type: none"> 1. Heat oil over medium-high heat. Add corn to pan or tilting skillet; cook 10 minutes or until corn starts to brown, stirring occasionally. Remove from pan. Set aside. 2. Heat margarine over medium heat. Add onions and sauté 5 minutes or until tender. 3. Stir in uncooked brown rice, cumin, and garlic; cook 1 minute. Add chicken broth, black pepper, salt, and diced tomatoes; bring to a boil. Cover, reduce heat, and simmer for 45 minutes, stirring occasionally. 4. Remove from heat; stir in reserved corn and beans. Cover and let stand 10 minutes. 5. Just prior to serving, add fresh cilantro and lime juice. <p style="text-align: center;">*If using dehydrated garlic flakes, reduce by half.</p>