

BLACK BEANS AND RICE

Millions of people on the planet eat beans and rice every day. They're kitchen staples and best for days when the basics is the only thing you need.

FEATURES  Easy Button  Vegan/Vegetarian  5 or fewer ingredients			TOTAL TIME  5 MINUTES		BRAIN POWER 
--	--	--	---	--	---

INGREDIENTS:

			
<input type="checkbox"/> Canned Black Beans 1 cup	<input type="checkbox"/> Microwave Rice Packet	<input type="checkbox"/> Salt and Pepper To taste	<input type="checkbox"/> Salsa 2 Tbsp.

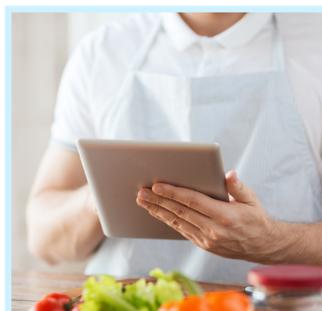
OPTIONAL INGREDIENTS:

	
<input type="checkbox"/> Cilantro 1 Tbsp. chopped	<input type="checkbox"/> Avocado 1/4 cup sliced

SUPPLIES YOU'LL NEED:

-  Can Opener
-  Microwave-safe bowl
(check the bottom)
-  Serving Bowl
-  Spoon

START



STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?
Do you have all the supplies?



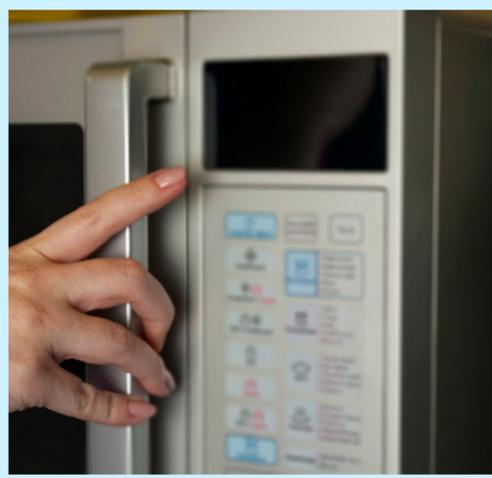
STEP 2: PREP YOUR SPACE.

Prepare your cooking space. Create a clean space on the counter or table for cooking.

Re-read the recipe. As you read each step, set out the ingredients in the order you'll need them.

Read the recipe again, this time placing supplies in the order you'll need them.

As you set out each item, check the box that you have the item.



STEP 3: PREPARE THE RICE.

Read the directions for the microwave rice packet.

Cook according to the package directions.

Place the cooked rice in the serving bowl.

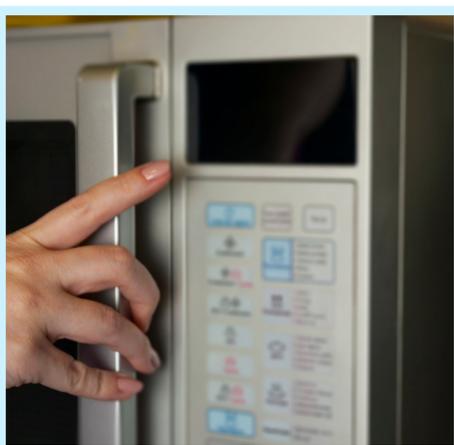


STEP 3: PREPARE THE BEANS.

Open the can of beans.

Drain the beans.

Measure 1 cup and place in the microwave-safe bowl.

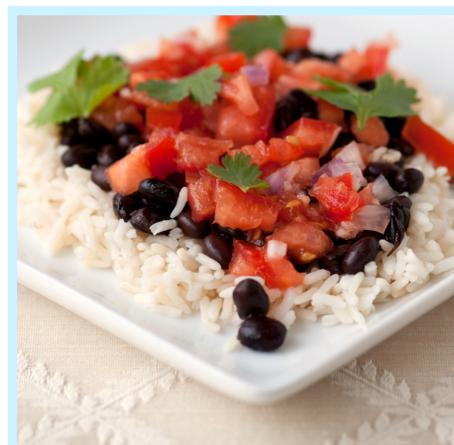


STEP 4:

Microwave the beans for 30 seconds. Add 2-3 shakes of salt and pepper.

Stir the beans.

Repeat for 30 more seconds or until the beans are hot.



STEP 5: FINISH AND SERVE

Add the hot black beans to the serving bowl with rice.

Top with the salsa and the optional ingredients.



VARIATIONS

- While black beans offer the best flavor for the basic recipe, test out different types of canned beans. Red beans or Southwestern-style beans can be substituted.
- For a cheesy option, add shredded cheese to the black beans and melt in the microwave.
- Add in cooked rotisserie chicken, tofu, or bacon for a meatier option.

IF YOU LIKED THIS, TRY:



Mac & Cheese Mug
Microwave friendly meal



Extra Gooey Grilled Cheese
(p. 37)
Also uses basic ingredients



Black Bean Quesadilla (p.46)
Uses similar ingredients



Black Bean Soup
For black bean lovers



Black Bean Enchiladas
Uses similar ingredients



BBQ Pulled Pork Sandwiches
Pairs well with rice and beans