

Beans and Rice Casserole

*Free of Egg, Peanuts, Tree nuts, Sesame, Soy, Shellfish, Wheat, Dairy**

1 can black beans

2 cups of rice

4 cups of water

Tomato paste

Basil

Pepper

Salt

Oregano

In a pot, bring 4 cups of water to a boil. Add the rice, seasonings, salt, and tomato paste, and reduce the heat to a simmer. Cover the pot. Let cook for about 20 minutes, or until the rice is tender. Mix in beans. Serve warm.

Servings: 4 – 5 (\$0.80/serving)