

# ***Black Beans and Rice***

**To add a kick to this recipe, try using a can of diced tomatoes in green chilies instead of a regular can. But if it gets too spicy, mix in a dollop of sour cream.**

- Servings - 2 to 3
- Prep time - 5 minutes
- Cook time - 45 minutes

## **Ingredients**

- 1/2 pound kielbasa, chopped or diced
- 1 small onion, finely chopped
- 2 cloves garlic, finely minced
- 2 (16-ounce) can black beans, rinsed and drained
- 1 (14.5-ounce) can diced tomatoes
- 1 cup chicken broth
- 3/4 teaspoon dried thyme
- 1 bay leaf
- 1/2 teaspoon dried oregano
- 1/2 teaspoon cumin

## **Protocol**

1. Heat about 2 tablespoons of olive oil in a medium saucepan over medium heat. Add in the onion, garlic, and kielbasa and sauté for 10 minutes or until onions become tender.
2. Add in your black beans, tomatoes, chicken broth, thyme, oregano, bay leaf, and cumin and stir together. Bring to a boil and simmer for 30 to 35 minutes or until the sauce becomes nice and thick.
3. Serve over the hot cooked rice and enjoy!