



Growing connections to fresh food.

# Black Bean & Vegetable Rice

Contributed by Dena F., Hopelink Harvest Volunteer  
Inspired by "joyinmykitchen.blogspot.ca"

## Ingredients:

- 2 cups rice, cooked
- ½ tsp olive or vegetable oil
- ½ onion, finely diced
- 2 medium carrots, finely chopped
- Salt and pepper, to taste
- 1 medium zucchini, quartered
- 4 oz. mushrooms, quartered
- 1 can black beans, drained
- *Optional:* Garnish with shredded cheese

## Method:

1. Heat oil in large pot over medium heat. Add onion and carrots and sauté until tender (about 3-4 minutes).
2. Add zucchini and mushrooms. Cook for 5-7 minutes until the liquid from the mushrooms is evaporated and vegetables are beginning to get tender.
3. Add black beans and rice. Stir gently and cook until heated through.
4. Serve warm and enjoy!

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