

# Pronto Beans & Rice

A one-pot main or side dish, ready in 30 minutes

Serves 4-6

3 tablespoons oil

1 small onion, diced

1 small green pepper, diced

1  $\frac{3}{4}$  cup broth (canned or made from instant bouillon) or water

1 cup white rice

1 x 15.5 oz. can (pinto, black or garbanzo) beans

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  teaspoon cumin

Heat oil in large sauce pan over medium heat.

Add diced onion and green pepper. Cook, stirring until soft 3-5 minutes.

Add broth, rice, beans with their liquid, salt and cumin.

Cover and heat until just bubbling. Turn heat down as low as it will go and cover pan.

Cook for 20 minutes undisturbed. Remove from heat and let sit, covered for 5 minutes more.

Remove lid, fluff with a fork and serve.

**Optional garnish** - fresh chopped cilantro and/or lime wedges (squeeze over rice)