

Beans and Rice and Salsa

I don't use a recipe for this, so the amounts are approximate. Adjust it for your taste. This is one of those meals that Bill and I look forward to all day, and it's so healthy! I like things pretty spicy, so tone it down if you wish. I cook the rice in a rice cooker. When you can let it cool just a little, it is easier to cook with.

Beans and Rice:

1 onion, chopped

1 cup of uncooked brown rice – cooked and cooled

1 can of beans (any kind, I like pintos), rinsed and ideally with a less salt than the regular canned

1+ Tablespoon cumin

1 Tablespoon oregano

Sauté onion in olive oil (I usually sauté onions long and slow until they are sweet, even adding a few sprinkles of balsamic vinegar towards the end, but all you have to do is cook until soft). Add beans, rice and seasonings. Cook until heated.

Salsa:

I learned this technique from my friend Chris Bekins years ago, and while I've tried various recipes, this is still my favorite. You can use all red salsa or tomatillo sauce, but I really like the combination.

½ bottle packaged red salsa

½ bottle packaged tomatillo sauce

¼ red onion, finely chopped

1-2 tomatoes, finely chopped

¼ - ½ cup cilantro, finely chopped

juice from 1 lime

Mix all ingredients. This is really best fresh. It is edible but not nearly as good the next day.