



The Professor's Black Beans and Rice

BAH Note: I've never been a beans and rice gal but I really enjoyed this dish. I may have added a few items that weren't authentic to what The Professor served Debra that night but when I told her about adding cubed turkey and sliced avocado, she was all in favor of my decision.

- 1 small onion diced, about 1/2 cup
- 1 tablespoon olive oil
- 1 clove minced garlic
- 1 15 oz can of black beans, rinsed and drained
- 1 cup cooked rice
- 1 teaspoon cumin (optional)
- 1-2 tablespoons chopped green onion or cilantro (for garnish)

Heat the oil in a nonstick frying pan over medium heat and saute the onions and garlic until the onions are soft. Add the rice and season to taste with salt and pepper. Cook for about 5 minutes, until the rice is heated, and add the beans and cumin (if using). Cook for another 3 to 5 minutes until everything is heated through, adjust seasoning, and serve garnished with green onions or cilantro.

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