

# Betty's Spicy Southwestern Black Beans and Rice Recipe



Uploaded on 19 Sep 2010

In this video, Betty demonstrates how to make Spicy Southwestern Black Beans and Rice. This recipe contains white rice cooked in beef broth and mixed with black beans and sautéed green peppers, onions, garlic, chili powder, and cumin. It gives a flavorful Tex-Mex twist to black beans and rice.

## Ingredients:

- (2) 10  $\frac{3}{4}$ -oz. soup cans of beef broth
- (1) 10  $\frac{3}{4}$ -oz soup can long grain white rice
- 1/2 stick butter
- 1 tablespoon extra virgin olive oil
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{2}$  cup chopped green bell pepper
- 2 cloves garlic, chopped
- 14-oz. can black beans, undrained

Place (2) 10  $\frac{3}{4}$ -oz. soup cans of beef broth in a medium-sized saucepan that has a lid that fits. Add (1) 10  $\frac{3}{4}$  -oz. soup can long grain white rice and 1/2 stick butter. Bring to a boil over medium heat. Cover, reduce heat to low, and cook 14 minutes, or until broth is absorbed by rice. Meanwhile, place 1 tablespoon olive oil in a deep skillet and add  $\frac{1}{2}$  cup chopped onion,  $\frac{1}{2}$  cup chopped green pepper, and 2 cloves chopped garlic. Stir together, and place over low heat. Saute until vegetables are soft, stirring occasionally. Add 1 teaspoon chili powder and  $\frac{1}{2}$  teaspoon cumin, and stir well. Continue to cook for 3 to 5 minutes to get the flavors combined. Remove from heat. When rice is done, add rice to sautéed mixture, and then add a 14-oz. can of undrained black beans to the skillet. Stir to combine. Return the skillet to the low heat, just to heat the beans all the way through. Pour Spicy Southwestern Black Beans and Rice into an appropriate serving dish and serve immediately. I served my Spicy Southwestern Black Beans and Rice with Cheddar-Jalapeno Skillet Cornbread. This combo is healthy, filling, economical, and delicious! Enjoy!!! --Betty