

Black Bean and Rice Salad

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 30 minutes

Serves: 4

CChints: This is good served warm as a main dish when you add 2 cups of cooked chicken. Serve as a side dish warm or a salad chilled with your favorite grilled chicken or fish.



5 ounce package Saffron Yellow Rice like Vigo®
15.5 ounce can black beans, rinsed and drained
3 teaspoons unsalted butter, divided
1 cup fresh or frozen corn, thawed
1 stalk celery, diced
1/2 cup red onion, diced
1 glove minced garlic, fresh or from a jar
14.5 ounce can diced tomatoes, drained
1/2 teaspoon cumin
1/2 teaspoon smoked paprika
2 teaspoons fresh oregano, chopped or 1/2 teaspoons dry
1/2 teaspoon salt
1/4 teaspoon black pepper
garnish: 2 green onions, diced

Cook the rice according to package directions with water and oil.

Open, rinse and drain the black beans. While they are draining, heat 2 teaspoons butter in a small skillet over medium high heat. Add the corn to the skillet and cook for 5 minutes, stirring occasionally just slightly brown some of the pieces. Pour them into a large mixing bowl.

Reduce the heat to medium and add the other teaspoon of butter to the pan. Add the onions and celery, stirring occasionally for 5 minutes. Add the garlic and cook for 1 minute. Pour the mixture into the bowl.

By now the beans should be drained and can be added to the bowl. Drain the tomatoes while you prepare the rest of the dish. Add the cumin through the pepper and stir well. When the rice is done, drain off any excess water and add to the dish. Add the tomatoes and stir well to incorporate the ingredients and allow the flavors to blend.

Pour into a serving dish. Serve with green onions on top and enjoy.