

Dirty Rice & Beans

vegan

Ingredients:

- 1 tbsp olive oil
- 1 cup yellow onion, diced
- 1 cup carrots, chopped
- 1 green bell pepper, diced
- 1 tbsp blackening seasoning
- 1 ½ cups vegetable broth
- 14.5 oz diced tomatoes, do not drain
- 1 cup long grain white rice (uncooked)
- 12 oz can beans (any variety) drained

Instructions:

1. In a large skillet with a lid heat the oil over medium heat. Saute the onions, carrot and green pepper for about 5 minutes, stirring often.
2. Sprinkle in the blackening seasoning. Stir to coat the vegetables.
3. Stir in the (uncooked) rice and drained beans.
4. Pour the vegetable broth and tomatoes into the pot and scrape up any browned bits from the bottom of the pot.
5. Turn the heat to medium high and bring the liquid to a hard simmer for a minute.
6. Turn the heat to low and pop the lid on the pot. Cook for 18-20 minutes.
7. Remove the pot from the burner and let sit, with the lid on, for 5 minutes.



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