# black beans and rice

## Family Chef: Tim McMahon

### It’s an original!

#### Ingredients:

* 1/4 c olive oil
* 2 onions, finely chopped
* 2 green bell peppers, chopped
* 3 garlic cloves, chopped
* 4 bay leaves
* 1 tablespoon ground cumin
* 2 c long-grain white rice
* 4 (14-ounce) cans black beans, drained and rinsed
* 2 (14-ounce) cans diced tomatoes with green chiles drained
* 2 c water
* 1/4 c apple cider vinegar
* Kosher salt and freshly ground black pepper

#### Instructions:

1. Heat a large pot over medium-high heat and add the oil.
2. Stir in the onions, peppers, garlic, bay leaves and cumin.
3. Stir and cook for 8 minutes.
4. Stir in the rice, black beans, tomatoes, water, vinegar and salt and pepper. Bring to a boil, cover and reduce heat to low. Cook for about 40 minutes or until the rice is tender.
5. Serve hot.