

FFF Mojo Rice with Black Beans

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Serves 6 – Prep Time: 3 min, Cook Time: 10 min



Ingredients

- 2 c brown rice, cooked
- 1 14.5 oz can low sodium black beans (unseasoned)
- 1 jalapeno, minced (seeds removed unless you like more heat)
- ½ of a small onion, minced
- 2 tsp cumin
- 1 tsp chili powder
- 3 garlic cloves, minced
- 1 med/large orange, juiced
- 1 small lime, juiced
- 1 ear of corn, kernels removed
- ½ tsp olive oil
- ¼ c cilantro, finely chopped
- ¼ c chicken or vegetable stock (optional – if rice is dry when you taste it, add a touch)
- salt and pepper to taste

Directions

1. Put black beans into a medium sized pot on med/high heat. Add minced onion, jalapeno, cumin, chili powder, garlic, and juice from an orange. Cook for 7-8 minutes.
2. Add rice to mixture and stir to combine.
3. Heat olive oil in a small saucepan, add corn kernels and lime juice, and cook for about 2 minutes.
4. Add corn and cilantro to the rice/bean mixture and stock, if needed, and taste. Add salt/pepper at your discretion and serve.

Nutrition (per serving...6 servings total for recipe): 152 calories, 29g carbs, 2g fat, and 6g protein (calculated with www.myfitnesspal.com/recipe/calculator).