

Black Bean Chili and Rice

Easy alternative to traditional meat-based chili, this recipe makes 4-6 servings.

Ingredients:

1 Tbsp. olive oil
1 large onion, finely chopped
1 green bell pepper, finely chopped
2 garlic cloves, minced
2 (15-oz.) cans black beans, drained and rinsed
1 (14.5-oz.) can fire-roasted diced tomatoes
2 tsp. chopped fresh oregano or 1 teaspoon dried
1 Tbsp. chili powder, or to taste
Salt and freshly ground black pepper to taste
3 c. cooked rice of your choice

Directions:

1. In a large saucepan set over medium heat, heat the olive oil until shimmering, about 30 seconds.
2. Add the onion, bell pepper and garlic, and sauté until soft and translucent, about 5 minutes. Add the black beans, tomatoes, oregano and chili powder, and mix to incorporate.
3. Simmer for 10 to 15 minutes. Add salt and pepper to taste and serve over your favorite rice.