

## **Black Bean and Rice Pilaf**

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 30 minutes

Baking Time: 15 minutes

Serves: 4

**CChints:** This is good served warm as a main dish or leave out the chicken and served as a side dish with your favorite grilled chicken or fish. This recipe calls for a rotisserie chicken that can be picked up at most supermarkets. If your market offers different flavors, try to get a Mojo or lemon pepper, etc. It will add more flavor to the dish.



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  
2 cups rotisserie chicken, chopped (If you are making as a main dish or casserole)  
garnish: 2 green onions, diced  
Serve with a simply side salad  
Casserole: 1 cup shredded cheddar or cheddar blend cheese

Cook the rice according to package directions in water with oil. The oil is very important. Cook for 20-25 minutes. If you are serving as a casserole, preheat the oven to 300 degrees F and locate your casserole dish. Spray it with cooking spray.

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 the corn 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 chicken and stir well. If you are making this as a main dish add the chicken. When the rice is done, drain off any excess water and add to the dish with the tomatoes. Stir well to incorporate the ingredients and allow the flavors to blend.

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

Casserole: Pour into your prepared casserole dish and top evenly with the cheese. Bake for 15 minutes. During this time you can prepare your side salad and do a little clean up.

Remove from the oven enjoy!