

BLACK BEANS & RICE

Yield: ~4 servings

1 cup brown rice, rinsed
4 slices bacon (turkey or pork), cut into
1" pieces*
1 small onion, medium dice
3 cloves garlic, minced
1 Tbsp. all-purpose flour

1 cup vegetable stock or water
½ tsp. kosher salt
1 Tbsp. chili powder
1 tsp. ground black pepper
1 can black beans, rinsed
1 tsp. hot sauce, or more to taste

- To cook rice: bring approximately 6 cups of water to a full rolling boil in a pot. Add rinsed rice to the pot and simmer for about 30 minutes or until tender. Drain off excess water and return rice to the pot. Cover with a lid and allow to rest for about 10 minutes. Fluff with a fork and reserve until ready to serve.
- Meanwhile, prepare the beans. In a 12" cast iron pan over medium heat, begin to cook the bacon, careful not to burn it. Once it has rendered off about 1-2 tablespoons of fat, add the onions and cook until they have begun to soften. *NOTE: If using turkey bacon or no meat at all, you will need to add about 1-2 tablespoons of vegetable oil at this point.
- Turn the heat down to low and add the garlic, stirring until it is fragrant. Add the flour and cook for about 3 minutes or until no longer raw.
- Add the vegetable stock and bring back up to a boil. The sauce will begin to thicken. Add the salt, chili powder and black pepper and stir. Add the rinsed beans and season with hot sauce as needed.
- Serve over rice and garnish with minced parsley or green onions.

