



Cornell University Wellness Program
4 Easy Dinners – March 11, 2016

One-Pot Mexican Beans and Rice

½ onion, diced
2 cloves garlic, minced
1 Tbsp oil
1 cup brown rice (uncooked) (may use
2 cups water
1 (14.5oz) can diced tomatoes
1 bag frozen corn
1 ½ tsp chili powder
1 tsp smoked paprika
1 tsp cumin
1 can black beans, rinsed and drained
Fresh cilantro
For garnish:
Squeeze of lime juice
Diced avocado

1. Heat a medium pot over medium-high heat. Add oil; swirl to coat.
2. Add onion and garlic to pot and sauté for 3 minutes or until translucent.
3. Add rice, water, tomatoes, corn, and spices. Bring to a boil. Reduce heat to medium-low, cover, and let simmer until rice is nearly done, (about 35 minutes) If using white rice, it will need only 15 minutes.
4. Add black beans and heat for one more minute.
5. Remove from heat and stir in cilantro.
6. Serve topped with avocado and a squeeze of lime juice.

Nutrition information per recipe:
1936 calories, 43 gm fat, 62 gm protein, 342 gm carbs