



Because no student **FEED-A-BULL** Should go hungry

Microwave Black Beans and Rice

Prep Time: 10 Min.

Total Time: 15 Min.

Servings: 1

All you need for this quick, easy meal is a few ingredients and a microwave. This recipe uses brown rice and black beans, which are high in fiber and will keep you fuller for longer.

Ingredients:

- $\frac{3}{4}$ cup cooked brown rice
- $\frac{1}{2}$ cup canned black beans, rinsed and drained.
- $\frac{1}{4}$ cup canned tomatoes
- $\frac{1}{4}$ teaspoon ground cumin
- Cayenne pepper or hot sauce to taste

Instructions:

1. Cook the rice following the directions on the box/bag.
2. Combine all ingredients, in a microwave-safe bowl and mix.
3. Microwave on high for 3 minutes.
4. Stir and enjoy!