

Black Beans & Rice is one of my family's favorite recipes. We probably have this for dinner once a week partly because it's so easy and partly because it's so good! We have used white rice or brown rice either one. I can honestly say that I can't decide which one I like better. I think it just depends on the mood I'm in at the time.

Black Beans and Rice

Servings: 6

2 cups rice

2 ½ cups water*

1 tsp salt

2 cans black beans, rinsed

1 can diced tomatoes

1 tsp Tony Chachere's Creole seasoning

Red Hot cayenne pepper sauce, for garnish

Sour cream for garnish

3 scallions, chopped for garnish

Rinse rice under cool water until water comes out almost clear. Cook rice, water and salt in rice cooker/pressure cooker according to your device's directions. Keep warm.

Place rinsed beans, tomatoes and seasoning in large frying pan and heat to slow boil and reduce heat to simmer. Simmer for 5 minutes stirring frequently.

Serve bean mixture over rice. Top with pepper sauce, sour cream and scallions to taste. It's that easy!!

*To cook the rice, I use a Ninja Cooker on pressure setting at HI for 8 minutes and release the pressure when it's finished. For brown rice, increase the water to 3 cups and cook for 15 minutes, release pressure.

**To cook rice on the stove top: bring 4 cups water and 1 tsp salt to a boil, add 2 cups rice and stir. Simmer covered for about 20 mins. There is a great reference for you at *Allrecipes, How to Cook Rice*.