



Purchase as many as you want—no limit!

CHANGE SERVICE REQUESTED

Recipe of the Month: **One-Pot Beans & Rice**

This one pot dinner is like a deconstructed burrito bowl, especially when topped with salsa, sliced avocado or a dollop of Greek yogurt for a cool, creamy accent.

Ingredients :

1 TB canola or avocado oil	1 cup long-grain rice	1 medium onion, chopped
2 large cloves garlic, minced	1 TB chili powder	2 tsp ground cumin
1/2 tsp salt	1/2 tsp pepper	1 (14 oz) can petite diced tomatoes
1 1/2 cups water	1 cup frozen corn	1 (15 oz) can no-salt black beans, rinsed
1/2 cup chopped cilantro	3 TB salsa and/or shredded Mexican blend cheese	

Directions:

1. Heat oil in a large saucepan over medium heat.
2. Add rice and cook, stirring until starting to brown, about 3 minutes. Add onion, garlic, chili powder, cumin, salt and pepper; cook, stirring until fragrant—1 to 2 minutes.
3. Add tomatoes and water; bring to a boil, then reduce heat to maintain a simmer.
4. Cover and cook until the liquid has been absorbed, 18 to 20 minutes. Remove from heat and fluff with a fork.
5. Gently stir in beans and corn. Cover and let stand for 10 minutes. Stir in cilantro and serve with salsa and cheese, if desired.

