

Black Beans and Brown Rice

Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- ¼ cup chopped onions
- ¼ cup chopped red peppers
- ½ cup chopped zucchini
- 2 cups cooked brown rice
- 1 cup cooked or canned black beans
- 1 tablespoon minced fresh cilantro
- 2 teaspoons ground chili powder or pinch teaspoon cayenne pepper (to make Gluten-free)
- 1 teaspoon ground coriander
- ½ teaspoon ground cumin
- ¼ teaspoon freshly ground black pepper

Directions:

1. Heat the olive oil in a skillet over medium heat.
2. Add the garlic and onions and cook, stirring until the onions are translucent about three minutes.
3. Next, add the bell peppers and zucchini and cook for 5 minutes. Stir once every minute until the vegetables are softened.
4. Add rice and beans and stir.
5. Season with the cilantro, chili powder or cayenne pepper, coriander, cumin, ¼ teaspoon black pepper and ½ teaspoon of sea salt.

The Most Effective and Supportive Nutrition Counseling You Will Ever Experience

HIGH LEVEL WELLNESS

1812 Route 561 • Cherry Hill, NJ 08003

856-428-5495

highlevelwellnessonline.com