
Pinto Beans & Rice with Tomato & Bell Pepper

Makes 4-6 servings

Ingredients

- 3 green bell peppers, finely chopped
- 6 cloves of garlic, minced
- 2 medium yellow onions, minced
- 1 jalapeño, minced (this is optional, but highly recommended for a little kick)
- 1 TBS of spice mix, see below
- 1 cup organic cilantro, finely chopped
- 1 can of plain tomato sauce (about 1.5 cups)
- 1 large (28oz) can of pinto beans, rinsed and drained
- 2 cups of organic brown rice
- 5 cups water

Spice Mix - store separately

- ½ TBS cumin
- ½ TBS turmeric
- ½ TBS coriander
- ½ TBS oregano or Grilled Herbs seasoning
- 1 tsp garlic powder
- ¼ tsp chili powder
- Combine spices in a jar and shake to combine

Directions:

1. Heat 2 large skillets on the stove at the same time, lightly greased with olive oil, or alternatively you can do a water sauté using just tablespoons of water.
2. Once the skillets are hot, divide the peppers, garlic, and onion evenly between the two skillets.
3. Divide the spice mix between the two skillets, about ½ TBS in each.
4. Divide the cilantro in half between each skillet.
5. Cook the skillet vegetables until translucent, stirring occasionally, for about 5-7 minutes, (adding extra water as needed if doing a water sauté).
6. To Skillet (A), add about ¾ of the tomato sauce and stir to combine with the vegetables.
7. To Skillet (B), add the remaining tomato sauce and stir to combine.
8. After about 5 minutes of the tomato sauce having been added to each skillet, add the beans to to Skillet (A) and add the rice and the 5 cups of water to Skillet (B).
9. Stir both skillets to combine the ingredients.

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10. Skillet (A) can be left on low for a few more minutes, or you can remove it from heat until just before you are ready to serve, at which point you can reheat the beans.
 11. Turn Skillet (B) (the rice skillet) down low and cover for the duration of cooking - about 25 minutes. Check on the rice after 15 minutes and add additional water if needed.