

Rice and Beans



Ingredients

- 3 to 4 cups of cooked and cooled rice
- 1 can (540 ml or 19 ounces) of red kidney beans
- ¼ cup olive oil
- 1 tsp salt
- 2 tsp paprika
- 1 heaping tablespoon dried thyme
- 1 onion, sliced lengthwise

Preparation

Drain and rinse the beans.



Cooking

In a saucepan, heat olive oil.

Add onion and sauté for two minutes.

Do not brown onions.

Add thyme.

Sauté for a minute.



Add rice.

Stir

Add beans.

Stir

Cover and cook on low heat until the rice and beans are completely heated through (approx. 10 minutes).



Add Paprika.

Stir

Cover and cook on low heat until thoroughly heated.

Turn off heat.



Notes

Rice and beans can be made ahead of time and stored in the fridge. Heat thoroughly or microwave before serving.

Without thyme and paprika the dish will be very bland and flavorless. Fresh thyme is very good, but dried thyme works well too.

Olive oil is better than cooking oil because it enriches the flavor of paprika and thyme.

You can make the dish with leftover rice of any kind. Use up to six cups of leftover rice per one can of beans.

Adjust the ingredients according to the amount of rice.

Some serving suggestions are on the following page.

