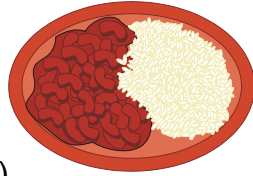


Another Inexpensive Recipe from WNEP...



## Spicy Beans and Rice

- 1 cup chopped onion (or 1 t. onion powder)
- 2 cloves garlic, minced (or ½ t. garlic powder)
- 1 T. cooking oil
- 1 15-oz can beans (black, kidney, small red or pinto beans, drained and rinsed)
- 1 14½-oz. can stewed tomatoes
- 1 T. chili powder
- ¼ t. black pepper
- 2 cups hot cooked white or brown rice

1. In a medium skillet, cook onion and garlic in oil until tender, but not brown. (if using onion & garlic powder, omit oil)
2. Add beans, tomatoes, chili powder, and pepper. Bring to boil.
3. Reduce heat and simmer, uncovered, for 15 minutes.
4. Serve on top of hot rice; sprinkle with a little cheese if desired.

Makes 4 servings

TIP: Serve over tortilla chips, or top with plain yogurt and salsa.