

MEXICAN RICE WITH BEANS

Yields 1 small tray (For making 2 trays or 1 large tray, double the quantity)

Long grain Rice or Basmati Rice 3 and half cups

Canned rinsed black/kidney beans 3 cans(15 Oz or 16 Oz)

Large Green pepper 1

Large Red pepper 1

Frozen or fresh corn 16 Oz

Jalapeno chillie 1(remove seeds please)

Large tomatoes 2

Minced Garlic 3 to 4 cloves

Chipotle seasoning 1 small packet (1.5 oz more are less) or taco seasoning don't make it spice

Salt to taste

Half a lime/lemon

Scallions 1 bunch

Coriander 1 bunch

Oil to cook

Method-----

Cook the rice with 2 tsp of oil and enough salt. Once rice is cooked add half packet of chipotle/taco seasoning to the rice and keep it a side.

Meanwhile cut all the vegs in bite size pieces and rinsed the beans

In a pan Add minced garlic, cut veggies and sauté them for 5 min and add frozen/fresh corn, rinsed beans, salt to taste, and add rest of chipotle seasoning, coriander and scallions.

Finally add all these above items to rice and mix well until all the rice looks uniform and end with adding lime juice