

A Recipe from Thomas Buckborough & Associates...

Rice and Beans

Makes 4 servings

1 tablespoon oil
1 onion, diced small
1 tablespoon minced garlic
1 roasted red bell pepper, thinly sliced
one 16-ounce can black beans or 2 cups cooked black beans
1/4 cup white vinegar
5 to 10 dashes Tabasco sauce or other hot red pepper sauce
1/4 cup roughly chopped cilantro
3 cups cooked long grain rice
salt and freshly milled black pepper

In a large sauté pan, heat the oil over medium-high heat until hot but not smoking. Add the onion, and sauté, stirring occasionally, until transparent, 5 to 7 minutes.

Add the garlic and roasted pepper, and sauté, stirring occasionally, for an additional 2 minutes.

Add the black beans, vinegar, and Tabasco sauce. Bring the mixture to a boil; reduce the heat to low, cover, and simmer 5 minutes.

Add the cilantro and rice; mix well. Season to taste with the salt and black pepper. Serve accompanied by additional hot pepper sauce.

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(From Chris Schlesinger and John Willoughby, License to Grill, Morrow, 1997)