

Chipotle Beans and Rice

Serves 2 as a (hearty) side

1/2 Tbsp. canola oil
1/2 onion, diced
2 cloves garlic, minced
1 chipotle in adobo, minced
1 bay leaf
1/3 cup uncooked rice
2/3 cup water or broth
1/2 cup black beans
1/2 tsp. oregano
salt and pepper

Heat the oil in a shallow pot/sauce pan that has a tight-fitting lid. Add the onion and cook until tender. Stir in the garlic, chipotle, and bay leaf, sautéing an additional minute. Stir in the rice, and toast it until just a little golden. Add the water (or broth), black beans, oregano, and salt and pepper to taste. Bring to a boil, cover, and then turn the heat down to low. Simmer for about 15 minutes. Remove from heat (but keep the lid on) and let sit for about 5 minutes before fluffing with a fork.