

Beans 'n' Rice

Garnish
with parsley
& cheese

1 tea canola oil
1 onion chopped
1 clove garlic chopped
1 tea. chili powder
1/2 tea cumin
1/4 tea celery seed
1/4" pepper
1 can (540ml) tomatoes

2 cups cooked red kidney
beans
1 cup cooked rice
1 tea. worcestershire sauce
1 sweet green pepper
Chopped
1/2 tea saet
1/3 cup shredded cheese

Fry onion, garlic, stir in spices.

Cook 1 minute

Add all except ^{green} pepper - bring to a
boil, reduce heat & simmer 20 mins
Stir in green pepper, cook 2 mins longer (6 serving)