



From the Kitchen of Susan Wagener

Vegetable and Black Bean Brown Rice



I use a Zojirushi Induction Rice cooker to cook rice. You can use a rice cooker or any method you like to cook your rice with the vegetables. The instructions in this recipe are for use in a rice cooker. Click the picture of the rice cooker for information about the one I use.

You can use any vegetables you like for this recipe. The vegetables should total about 2 cups

3 Cups Brown Rice rinsed well

16 ozs of Low or No Sodium Vegetable or Chicken broth.
(You may need to adjust the amount of broth based on your rice cooker's instructions on the amount of liquid needed for 3 cups of rice.)

1 can no sodium black beans - rinsed well

1/2 Cup diced carrots - diced very small

1 can of no sodium added diced tomatoes without the liquid.

3/4 Cup diced fresh broccoli - diced very small

1 small onion diced very small

1/2 Cup frozen corn

2 tsp olive oil

Cilantro - chopped small

Put the olive oil in a small pan to saute the onions until translucent.

Using the rice cooker's rice measuring cup, rinse 3 cups of brown rice very well. Put rice in the rice cooker.

Pour in the broth to the line in the cooker for 3 cups of rice.

Add the beans, carrots, broccoli, sauteed onions, tomatoes, and corn to the rice cooker.

Close the lid and choose the Brown Rice setting on the rice cooker.

After the rice is done, add the cilantro and fluff the rice.

I put this sauce on the table instead of plain soy sauce for anyone that would like to use soy sauce:

Even parts of low sodium soy sauce and brown sugar.

I usually use 1/3 cup of each. Place in large glass measuring cup. Microwave for 15 seconds at a time until well heated. If you microwave it longer, it can boil over and make a sticky mess in the microwave. This is from experience!