

Beans and Rice

- 1 teaspoon coconut oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup brown rice
- 1 3/4 cups vegetable broth
- 1 teaspoon ground cumin
- 1 can black beans
- 1 can chickpeas
- salt and pepper to taste

In a stockpot over medium-high heat, heat the oil. Add the onion and garlic and saute for 4 minutes. Add the rice and saute for another 2 minutes.

Add the vegetable broth, bring to a boil, cover and lower the heat and cook for 40 minutes. Take off the burner and let stand with the lid for an additional 10 minutes. Add the black beans, chickpeas, cumin, salt and pepper.