**Rice and Beans**  
Makes 4 servings

**Ingredients:**
- 1 cup kidney beans  
- 4 cups water  
- 1 tablespoon vegetable oil  
- 1 small onion, chopped  
- 1 clove garlic, minced  
- 1/2 cup regular or no-salt canned tomatoes or regular or no-salt tomato  
- 1 cup white rice

**Directions:**
1. Clean and wash beans. Add 4 cups of water to beans and soak overnight in a covered container in the refrigerator.  
2. Put beans and water into a pot and cook, adding more water as needed to cover the beans.  
3. Cook onion and garlic in hot oil until soft and yellow. Add the canned tomatoes (broken-up) or tomato sauce, and rice to the kidney beans. Stir carefully. Bring to boil and cover.  
4. Cook over very low heat, without stirring, until there is no water left and the rice is cooked, about 25 minutes.

**Source:** Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection, 2006. Recipe adapted from Delicious Hispanic Meals: Maternity Infant Care-Family Planning Projects of NYC.