



PREPARATION DIRECTIONS

- 2 1/2 cups water
1 package Spice Islands
Good Harvest Savory
Black Beans & Rice

STOVE TOP

1. In 2-quart saucepan, bring water to boil.
2. Stir in contents of package. Return to boil. Reduce heat, cover and simmer for 20 minutes or until most of liquid is absorbed; stir occasionally.
3. Remove from heat. Let stand, covered, for 5 minutes. Stir.

MICROWAVE

1. In 2-quart round microwaveable casserole, combine contents of package and 2 1/2 cups **hot water**. Stir well.
2. Cover and microwave on HIGH (100%) for 15 to 20 minutes or until most of liquid is absorbed.
3. Remove from oven. Let stand, covered, for 5 minutes. Stir.

Note: Ovens vary in power. Adjust cooking time as needed.

Additions:

Replace 1/2 cup water with 1/2 cup **dry sherry**.

After cooking, stir in one of the following. Cover and let stand as directed in step 3.

- 1/2 cup chopped cooked lean **ham** or sausage
- 1/2 cup chopped **ripe olives**

Serving Suggestion:

- serve in warm **tortillas** with **salsa** and grated **cheese**

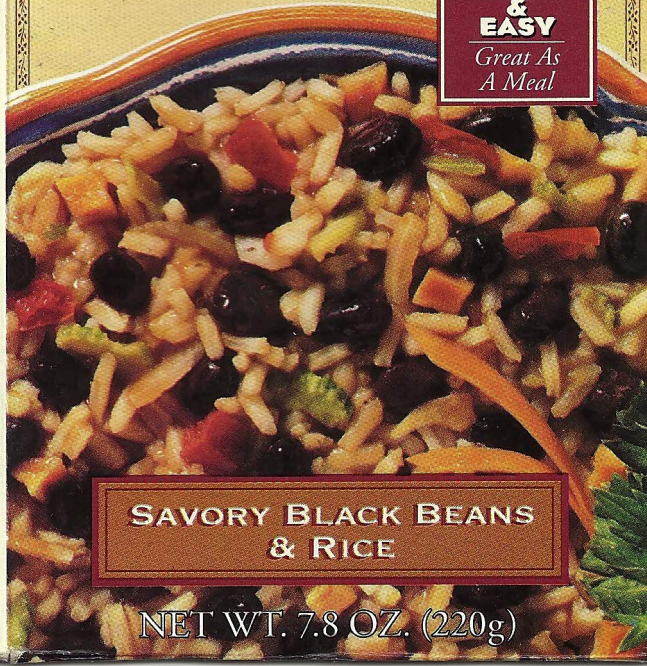
NEW!



LOW FAT
SEE SIDE PANEL FOR
NUTRITION INFORMATION

**FAST
&
EASY**

*Great As
A Meal*



**SAVORY BLACK BEANS
& RICE**

NET WT. 7.8 OZ. (220g)