

Slow Cooker Black Beans & Rice

9 ingredients · 6 hours · 6 servings



Directions

1. Add all ingredients except rice into the slow cooker and cook on high for 6 to 8 hours.
2. Cook the rice according to the instructions on the package.
3. Remove bay leaves from the slow cooker, and serve the beans over rice. Enjoy!

Notes

More Toppings

Add diced tomatoes, red onion, bell pepper, hard-boiled eggs, cilantro, mint, sour cream or Greek Yogurt to your bowl of black beans and rice.

Leftovers

Refrigerate within 2 hours of cooking in an air-tight container up to 3 to 5 days, or freeze up to 8 months.

Ingredients

- 2 cups** Dry Black Beans (uncooked)
- 1** White Onion (diced)
- 1 1/2 cups** Diced Tomatoes (fresh or canned)
- 1 tbsp** Cumin
- 1 tsp** Sea Salt
- 2 tbsps** Extra Virgin Olive Oil
- 5 cups** Water
- 2** Bay Leaf (optional)
- 3 cups** Jasmine Rice (dry)